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MRS. RORER'S

VEGETABLE COOKERY

AND

MEAT SUBSTITUTES

Vegetables with meat value

Vegetables to take the place of meat

How to cook three meals a day without meat

The best ways of blending eggs, milk and vegetables

By SARAH TYSON RORER

Author of Mrs. Rorer's New Cook Book, Philadelphia Cook Book, Canning and Preserving, Bread and Bread Making and other valuable works on cookery

PHILADELPHIA

ARNOLD AND COMPANY

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PREFACE

THE spirit as well as the letter of this book is universally needed. Over-eating of meat has had its day, and has left us as a reminder much sickness and sorrow.

Most "vegetarian" cook-books that have come under my notice contain many unhygienic, indigestible, tasteless and unattractive dishes.

I cannot believe that a dish is wholesome or to be specially recommended simply because it is made entirely from vegetable materials. For instance, a pie made from vegetable fats rubbed with flour is no more acceptable to the stomach than one made from sweet butter and flour. Heated fats are never to be looked upon with favor.

It is not my purpose in this book to promulgate any cult, nor have I written it to show the wisdom of a strictly vegetable diet. My aim is to present clearly, concisely and simply, in a logical fashion, the best meat substitutes and their artistic and hygienic accompaniments.

SARAH TYSON RORER

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FOREWORD

Vegetables are divided into four groups. The first group is the muscle-making, or nitrogenous. These have meat value and take the place of meat. Old peas, beans, lentils and nuts are the chief in this group. Mushrooms contain nitrogen but in no way take the place of meat.

Such manufactured foods as macaroni, spaghetti and the cereals also contain nitrogen mixed with a goodly quantity of starch, for which reason they are placed in the carbohydrate group.

In this book eggs, milk and cheese are added to the nitrogenous group to give variety to the meat substitute dishes.

The second group—the carbohydrate—are heat- and energy-producers, hence must be used in larger quantites than the muscle-building foods—meat substitutes. In this second group we have rice, sweet and white potatoes, white bread, chestnuts, macaroni and spaghetti and the cereals.

In the third or fatty group we have only certain nuts and olives.

The last group, by far the largest of the four, contains the green, succulent vegetables, largely water, some mineral matter, and a great deal of flavoring material. They are important as cleansers. They keep up the peristaltic action of the intestines. These foods are also called waste or bulk foods and are to my mind just as necessary to the balanced ration as the first three groups.

Olive oil and nut fats take the place of cream and butter and may be substituted in all the following recipes for butter without change of quantity.

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All vegetables not containing starch—lettuce, chicory, cabbage and celery—may be eaten raw. Beets, carrots and turnips do not contain starch. Eaten raw they are dense and indigestible unless thoroughly masticated or grated.

All vegetables should be put over the fire to cook in rapidly boiling water, and in uncovered vessels.

Top-ground, succulent or green vegetables should be cooked in salted boiling water.

Underground vegetables, the roots and stems of plants, should be cooked in boiling unsalted water. Salt should be added after they have been drained.

Old peas, beans and lentils should be washed and soaked over night. In the morning drain, cover with fresh boiling water, boil half an hour, drain, and throw this water out. They are now ready to cook according to any of the various recipes. This first treatment makes them more delicate and wholesome.

The vegetables containing volatile flavorings—onion, cabbage, cauliflower and Brussels sprouts—should be boiled in salted water in an uncovered vessel or they will emit a very unpleasant odor.

Vegetables containing starch—rice, potatoes, chestnuts—must be boiled until tender but not a moment longer or they will become heavy and soggy.

Many nitrogenous vegetables contain vegetable *casein* and cannot be easily cooked in hard or limestone water.

If vegetables are wilted, soak them in clear, cold water before cooking. Under no circumstances add salt to the water as it draws out the juices, hardens the fibre and destroys the flavor.

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APPETIZERS

The word "cocktail" is applied in our bills of fare to appetizers. It really no longer means a mixture of liquors. We have oyster cocktails, clam cocktails and fruit cocktails in great variety. These cocktails, or appetizers, take the place at a vegetable dinner of oysters and clams. Any mixture of fruit may be used, served in punch glasses, or in the skins of such fruits as oranges and grape fruit. You may serve with them either small spoons, ordinary oyster forks, or a fruit fork.

A good combination is banana, pineapple and lemon. Half a pineapple may be mixed with three large ripe bananas, peeled and cut into blocks, seasoned with the juice of a lemon, and a tablespoonful of powdered sugar. These may be served either in glasses or in half of the banana shells. In the Spring, place the banana shell on a fern frond just a little larger than the shell, stand it on a dainty dish and send it to the table. Canned fruits may be used, provided they are nicely blended. They must not, however, be sweet, or they will destroy rather than create an appetite.

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Chopped peaches and oranges make a very nice combination and may be served in the orange shells. Canned apricots and candied or canned cherries with orange juice, served in orange shells, are exceedingly dainty.

STRAWBERRY COCKTAIL

Slice large strawberries into punch glasses, allowing about four to each person. Remember, this is an appetizer, not dessert. Put a teaspoonful of powdered sugar in the centre and squeeze into each glass the juice of half a lemon. Stand these in a cold place. At serving time, add a tablespoonful of shaved ice. Stand each glass on a little doily on a dainty plate.

ORANGE COCKTAIL

Cut the oranges into halves; with a spoon scoop out the pulp, rejecting the seeds. Stand the pulp aside to get very cold. Clean out the shells and throw them into ice water. At serving time, put the pulp into the orange shells, add a teaspoonful of powdered sugar to each and a little shaved ice. Serve these on doilies on small dishes. The pulp of one grape fruit may be added to the pulp of four oranges.

GRAPE FRUIT COCKTAIL

Cut the grape fruit into halves. Scoop out the pulp, being very careful not to get any of the inner or white skin. Clean the shells and throw them into

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cold water, putting the pulp aside to get very cold. At serving time, take the shells from the water and dry them. Put into the bottom of each a tablespoonful of shaved ice. Fill them half full with the pulp. Put a tablespoonful of sugar in the centre, and arrange them for serving. Oranges may be mixed with grape fruit if desired.

LEMON COCKTAIL

Select six large lemons, cut them into halves crosswise, and, with a tablespoon, used as a sort of scoop, take out all the juice. Then carefully clean out the shells; throw them into cold water. To each three lemons allow a pint of ripe red cherries. Stone the cherries, dust them lightly with sugar and stand them aside. Select six large red roses. Cut a little end from each lemon rind, fill them with the cherries, put over each a teaspoonful of the lemon juice and stand them in the centre of the red roses. Mash the roses a little so that you can place them flat on a small plate. Garnish with a few green leaves.

RASPBERRY CUP

Mash one pint of ripe currants; strain carefully through cheesecloth. Pour the juice over one pint of large raspberries. Stand them aside to cool. At serving time, fill lemonade cups half full of raspberries and juice; put in the centre of each a teaspoonful of powdered sugar and send to the table.

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CANTALOUPE COCKTAIL

Plain cantaloupes are frequently served at the beginning of dinner. They may be cut into halves, crosswise, the seeds removed, and each half dished on a dainty mat on a breakfast plate; or the centre of the cantaloupe may be filled with either sliced orange or a small quantity of grated pineapple.

WATERMELON COCKTAIL

Select a very ripe watermelon; take out the central portion and cut it into cubes of one inch. Make a shell of less than half of the watermelon rind, put the cubes back into the shell, dust them very lightly with powdered sugar, squeeze over the juice of four oranges and send to the table. This will be served in small glass dishes with oyster or fruit forks.

PEPPER COCKTAIL

Select medium-sized green peppers; cut off the stem end and remove the seeds. Throw the peppers into cold water until crisp. Peel two good-sized tomatoes, cut them into halves and remove the seeds. Cut the flesh of the tomatoes into small pieces, add to it a teaspoonful of Worcestershire sauce, a teaspoonful of soy, the juice of half a lemon, and, if you have it, a saltspoonful of celery seed. At serving time, stand the peppers in small saucers of cracked ice, pressing them down into the ice. Fill each half full with the tomato mixture, put on the lid, and send them to the table. Serve with these either a fruit or an oyster fork.

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TOMATO COCKTAIL

Select small, smooth, round tomatoes, one for each person. Do not peel the tomatoes, but cut off the stem end and scoop out the seeds, taking out a portion of the flesh without breaking the skin. Chop it fine. Add to it one grated cucumber, one pimiento chopped fine, a small onion, grated, a teaspoonful of Worcestershire sauce, a half teaspoonful of salt and a saltspoonful of celery seed. Stand this aside until very cold. At serving time, dish the tomatoes in small saucers of finely cracked ice. Fill them half full of the mixture and send to the table. Serve with this either an ordinary or a five o'clock teaspoon.

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SOUPS

The water in which all vegetables are boiled may be saved for the making of either thick or cream soups. It may also be used as the basis for stock, and when I speak of stock in this book I mean a vegetable stock—something that can be kept on hand to be used for purées or cream soups. An ordinary colander will answer for the draining of vegetables, but a purée-sieve should be used for thick vegetable or cream soups. It is quite difficult to make a perfectly clear, brilliant vegetable bouillon, but if the following recipes are observed in detail, the results will be very satisfactory.

Vegetable soups are more nutritious than meat soups. We shall divide these soups into three classes: Clear soups, which should be used at the beginning of a dinner or a heavy lunch; milk, or the so-called cream soups, to be used for luncheons or suppers where they are counted as part of the nutrition of the meal; thick purées, which may be used for dinner or lunch, and which contain sufficient nitrogen to take the place of meat.

STOCK

Scrape and chop fine one carrot; peel and chop one onion; wash and chop the outer portion and the green leaves of one head of celery and peel and chop

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two good-sized turnips. Put in your kettle a tablespoonful of sugar. Let the sugar burn and then add four tablespoonfuls of olive or peanut oil and all the vegetables; shake over the fire for at least half an hour until the vegetables are slightly browned. Then add two quarts of cold water, a half pint of canned tomatoes, or two whole tomatoes cut into pieces, one apple cored but not pared, a teaspoonful of salt and either a chopped green pepper or a dash of cayenne. Cover and simmer gently for one hour. Strain and stand aside to cool. This may be served as clear soup or it may be used half-and-half with milk for a cream soup, or it may be used for a purée in the place of milk, or for macaroni, rice or vermicelli soup, or reheated and used the same as consommé.

JULIENNE SOUP

Cut into shreds a young carrot; throw it into boiling water and boil until tender. Add two or three tablespoonfuls of nicely cooked green peas and a few shreds of lettuce. Heat a quart of stock; add the vegetables; season and serve.

TOMATO BOUILLON

Peel four good-sized tomatoes; cut them into halves and press out the seeds. Chop the tomatoes and add them to a quart of stock. Boil twenty minutes; drain carefully through a fine sieve; season with salt and pepper. Serve in bouillon cups with a tablespoonful of whipped cream on top.

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MOCK CLAM BOUILLON

Scrape a dozen roots of salsify; put them at once in cold water to prevent discoloration. Cut into slices and put them in one quart of stock; add a teaspoonful of salt, a dash of cayenne and a saltspoonful of celery seed. Boil until tender; strain; reheat and serve in bouillon cups with a tablespoonful of whipped cream on top. The salsify or oyster-plant may be used for vegetable oysters, or may be served as a vegetable.

CONSOMMÉ WITH ALMOND BALLS

24 almonds
½ pint stale bread-crumbs
1 teaspoonful salt
Whites of two eggs
2 quarts stock

Blanch and put the almonds through a meat grinder. Add them to the bread-crumbs; add the salt and the whites of the eggs unbeaten. Work this mixture until it is moist, and then roll into tiny balls. Brown them in hot oil; lift them with a skimmer and drain them on brown paper. Put them at once into the soup-tureen and pour over the stock that has been heated and seasoned.

CONSOMMÉ WITH GERMAN FARINA BLOCKS

1 egg
2 teaspoonfuls olive oil
½ teaspoonful salt
4 tablespoonfuls farina
1 quart stock

Beat the egg without separating until light; then stir in the farina and the salt. Put the olive oil in a shallow frying-pan. When hot, pour in the farina mixture. Push it on the back part of the stove where it will brown slowly. Then turn it as you

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would a pancake and brown it slowly on the other side. Cut the cake into cubes of a half inch, put them in the soup-tureen and pour over the stock heated and seasoned.

CONSOMMÉ à la ROYAL

1 egg
1 quart stock
½ teaspoonful onion juice
1 saltspoonful salt
½ saltspoonful pepper

Beat the egg until the white and yolk are well mixed; add the onion juice, salt, pepper and two tablespoonfuls of milk. Turn the mixture into a small custard cup, stand it in a pan of hot water and cook in the oven until the custard is set. Turn it out carefully and cut it into dice. Put these dice into the soup-tureen and pour over the hot stock.

IRISH SOUP

1 can green peas
Whites of two eggs
1 quart stock
½ saltspoonful salt
1 saltspoonful celery seed, or
1 tablespoonful green tops of celery chopped fine
1 saltspoonful pepper

Drain the peas carefully; wash them and drain again. Press them through a sieve sufficiently fine to reject the skin; add the salt, pepper and celery. Beat the whites of the two eggs very lightly, add them to the peas, and turn them into a square tin basin or pan. Stand the pan in another of boiling water and cook in the oven for at least twenty minutes, until the mixture is set. Let it stand in the pan until cool, then turn it out carefully on a board and cut it into blocks or fancy shapes. Bring the stock to boiling-point, drop the blocks in and serve at once.

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SAGO SOUP

This recipe will also answer for tapioca soup. Wash carefully two tablespoonfuls of sago or tapioca. Add to a quart of stock, bring to boiling-point and cook until transparent. Season and serve.

BARLEY SOUP

2 tablespoonfuls pearl barley 1 quart stock

Wash the barley in cold water; cover it with boiling water; boil rapidly for five minutes and drain. Cover it again with fresh boiling water and let it cook slowly for at least two hours; drain. This water may be saved to use as barley water or it may be put aside to use in to-morrow's stock. At serving time, heat a quart of stock, add the barley, let it boil five minutes, and serve.

INDIAN SOUP

1 tablespoonful peanut or other butter
1 large sour apple
1 teaspoonful (or sprig) of thyme
1 quart stock
1 onion
Juice of half a lemon
1 teaspoonful curry powder
1 teaspoonful salt
2 tablespoonfuls rice

Put the butter in the kettle; add the onion, sliced; cook slowly without browning; then add the apple, cored and sliced, but not pared; add all the seasonings; stir for a moment and add the stock. Cover, bring to boiling-point and simmer gently ten minutes. Wash the rice; throw it into boiling water and boil until tender. Drain it, put it in the soup-tureen and strain over the hot soup. Many persons

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serve with this soup a large dish of boiled rice and put a helping of rice in the centre of each soup-plate before ladling in the soup.

PORTUGUESE SOUP

1 quart stock
8 nice prunes
1 large onion or 3 leeks
1 teaspoonful salt
1 teaspoonful paprika

Wash the prunes and soak them in cold water over night. One hour before serving time, cut the onion or the leeks into slices; put them in the stock and cook on the back part of the stove. At serving time, add the prunes, salt and paprika. Turn at once into the tureen. Have at the side of the tureen bits of toast at least two inches square. These must be toasted carefully in the oven until crisp to the centre. Put a square in the centre of each plate, ladle over the soup, allowing two prunes to each person. This quantity will serve four.

PURÉE OF TOMATO

1 can tomatoes
2 tablespoonfuls butter
2 tablespoonfuls flour
1 small onion
1 saltspoonful ground mace
1 teaspoonful salt
1 saltspoonful pepper

Put all the ingredients, except the butter and flour, into a saucepan. Bring to boiling-point; add the butter and flour, rubbed together. Stir and boil for five minutes. Strain through a fine sieve, pressing through as much of the pulp as possible. Reheat and serve with croûtons. If fresh tomatoes are used, select eight good-sized tomatoes; cut them into pieces. It is not necessary to peel them. Cook twenty minutes before adding the thickening.

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PEA AND TOMATO SOUP

1 can peas or 1 pint green peas
1 quart stewed tomatoes, either canned or fresh
2 tablespoonfuls butter
1 onion
½ pint chopped celery
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Peel and chop the onion; put it with the tomatoes, peas and all the seasoning into a saucepan. Bring to boiling-point and boil fifteen minutes. Add the butter and the flour, rubbed together. Cook ten minutes longer, and press through a sieve. Serve with croûtons.

CELERY AND TOMATO SOUP

1 quart tomatoes
1 pint chopped celery
1 pint water
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Put the water, the celery and the tomatoes into a saucepan; stew thirty minutes and press through a sieve. Add the butter and flour, rubbed together. Reheat, season and strain into the tureen. Serve either with croûtons or with puff-balls.

PURÉE OF DRIED BEANS

Wash and soak one pint of soup beans over night. In the morning, cover them with fresh boiling water, boil five minutes; drain and throw the water away. Cover with two quarts of boiling water and cook until the beans are tender. Press through a colander. Return the soup to the kettle and add a teaspoonful of salt, a dash of pepper and a tablespoonful of either ordinary dairy butter or nut butter. Serve with croûtons.

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PURÉE OF DRIED PEAS

Make the same as purée of dried beans.

PURÉE OF LENTILS

Make precisely the same as purée of dried beans. Lentils cook more quickly than beans. If either of these purées settle, they are too thin; add a little thickening of flour, reheat and serve.

BLACK BEAN SOUP

1 pint black turtle beans
2 quarts stock
2 hard-boiled eggs
1 lemon
1 teaspoonful salt
1 saltspoonful pepper

Wash the beans and soak them over night. In the morning drain, cover with boiling water and boil thirty minutes; drain, throwing the water away. Add the stock and cook slowly for two hours. Press the whole through a colander and then through a sieve. Rinse the kettle and return the soup to it; add salt and pepper. Slice the eggs and the lemon; put them into the tureen, pour over the boiling thick soup and serve.

MEXICAN BEAN SOUP

Make precisely the same as black bean soup, using red kidney beans. Add, after the soup is strained and ready to serve, a Spanish sweet pepper, cut into strips.

VEGETABLE SOUP

1 carrot
½ pint peas
1 tomato
1 turnip
4 tablespoonfuls rice
½ pint fresh beans
½ teaspoonful salt
1 saltspoonful pepper
2 quarts water

Scrape the carrot, peel the turnip, and cut them into dice. Put them in a kettle with the water and beans;

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these may be young lima beans, or just the ordinary kidney beans. Cook slowly thirty minutes. Add the tomato, peeled and cut into bits, the peas, salt and pepper. Cover and cook thirty minutes longer. While these are cooking, boil the rice, drain it, and throw it into the soup. The soup is now ready to serve. Corn and white potatoes may also be added.

MOCK MEAT SOUP

1 carrot
1 turnip
3 or 4 stalks celery
4 tablespoonfuls rice
½ pint canned or cooked peas
4 tablespoonfuls olive oil, or 2 tablespoonfuls peanut oil
1 onion
1 teaspoonful salt
1 saltspoonful pepper
2 quarts water

Scrape the carrot, peel the turnip and cut into dice. Wash and cut the celery into small pieces. Put the oil in the bottom of the soup-kettle; when very hot, throw in the carrot, turnip and onion, sliced, and the celery. Shake until brown. Add two quarts of water; cook slowly thirty minutes; add the peas, the rice, well washed, the salt and pepper. Cook fifteen minutes longer and serve.

PURÉE OF VEGETABLES

2 tablespoonfuls olive oil
1 onion
1 teaspoonful thyme
1 carrot
1 turnip
3 stalks celery
2 tablespoonfuls rice
2 quarts cold water
2 tablespoonfuls cornstarch
½ pint tomato
1 teaspoonful salt
1 saltspoonful pepper

Put the oil into a frying-pan; add the onion, sliced; cook until well browned; then turn into a soup-kettle, with the carrot and turnip chopped, and all

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the other ingredients, except the cornstarch. Add the water; cover and simmer gently one hour. Press through a colander and then through a sieve. Return to the kettle; add the cornstarch moistened in a little cold milk; bring to a boil, and serve with croûtons.

PEAS PORRIDGE

1 pint split peas
6 leeks, or 2 good-sized onions
2 slices bread
2 tablespoonfuls butter
1 head celery
1 pint mashed potatoes
2 quarts water
1 teaspoonful salt
1 saltspoonful pepper

Wash and soak the peas over night. Next morning, put them in a kettle with the water. Cut the onions or leeks into slices; chop the green portion of the celery; put them in a frying-pan with the butter that has been heated; stir until they are a golden brown. Put them into the soup-kettle with the peas; add the bread, salt and pepper. Cook slowly one and a half hours. Press through a purée sieve, returning the soup to the kettle; add the mashed potatoes and bring to boiling-point. Strain through a fine sieve and serve at once with croûtons. This should be a thick purée; if not, add a tablespoonful of butter and one of flour, rubbed together, just before bringing it to the last boil. Peas porridge should be almost as thick as breakfast oatmeal or mush. It is highly nutritious; in fact, it has more than meat value. Served at the beginning of a dinner, one would only need a salad and dessert to make the meal complete.

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GROSSMUTTER SOUP

2 young carrots
1 potato
1 quart boiling water
1 onion
2 tablespoonfuls butter
1 egg
1 bay leaf
1 teaspoonful kitchen bouquet or browning
2 slices bread
1 teaspoonful salt
1 saltspoonful pepper

Scrape and slice the carrots; peel and slice the potato. Put the butter in a shallow pan; when hot add the vegetables; shake until they are well browned; then put them into the soup-kettle with the water; add the bay leaf, the salt and pepper; simmer thirty minutes; press through a sieve; return to the kettle; add the kitchen bouquet. Cut the bread into dice; beat the egg without separating; add the bread, and stir until each piece of bread is covered with the egg. Lift the bread from the egg, drop it into the soup, bring to boiling-point, and serve.

SOUPS WITH MILK

CREAM OF ASPARAGUS SOUP

1 bundle asparagus
1 pint water
2 tablespoonfuls flour
2 tablespoonfuls butter
1 quart milk
1 slice onion
1 bay leaf
1 teaspoonful salt
1 saltspoonful pepper

Cut the tips from the asparagus and throw them into cold water; put them aside to use either for asparagus in ambush or for asparagus salad in tomatoes. Cut the remaining portion of the bundle into small pieces; wash them in cold water; put them in a kettle; add the pint of water and stew gently

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for half an hour. Press them through a colander, taking as much of the flesh as possible. Put the milk into a double boiler; add the bay leaf and the butter and flour, rubbed together; cook until it is slightly thickened; add the salt, the pepper, and the asparagus pulp; stir until hot, and serve. If overcooked, the soup will curdle. Many people like the asparagus tips boiled in salted water, drained and added to the soup just at serving time.

CREAM OF CORN SOUP

6 ears (or 1 can) corn
1 slice onion
2 tablespoonfuls butter
2 tablespoonfuls flour
1 quart milk
1 teaspoonful salt
1 saltspoonful pepper

Score each row of grains through the centre and with a dull knife press out the pulp. Put the milk in a double boiler; when hot, add the corn, onion and the butter and flour, rubbed together; stir until the milk begins to thicken; cover and cook fifteen minutes. Add the salt and pepper, remove the onion, and serve with croûtons.

CREAM OF GREEN PEA SOUP

1 pint shelled green peas
1 quart milk
1 pint water
1 slice onion
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Put the pods of the peas in the water and boil gently for fifteen minutes; strain, saving the water. To this add the peas and onion; cook fifteen minutes and press through a colander; add the milk to the

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pulp; put the whole in a double boiler; add the butter and flour, rubbed together. Stir and cook until the soup is creamy (about ten minutes). Add the salt and pepper and press through a fine sieve. Reheat and serve with croûtons.

CREAM OF CANNED PEA SOUP

1 can peas
1 quart milk
1 slice onion
1 bay leaf
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Put the milk in a double boiler. Press the peas through a sieve and add them to the milk. Add the onion and bay leaf, the salt and pepper; when hot, add the butter and flour, rubbed together. Simmer until smooth (for ten minutes), and strain into the soup-tureen.

SOUP CRÉCY

Save the water in which you have boiled cabbage, cauliflower, or brussels sprouts; put it aside to use for soup Crécy. To each quart allow two medium-sized carrots, one grated onion, two tablespoonfuls of butter, two tablespoonfuls of flour, a half pint of milk, a teaspoonful of salt and a saltspoonful of pepper. Scrape and grate the carrots; cook for thirty minutes in the cabbage water; then add the onion, the salt and pepper, and the butter and flour, rubbed together. When this is perfectly smooth and boiling hot, add the milk and serve with good-sized squares of dry toast.

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CREAM OF POTATO SOUP

4 medium-sized potatoes
1 sliced onion
The green portion of a head of celery or a saltspoonful of mashed celery seed
1 tablespoonful flour
1 tablespoonful butter
1 quart milk
1 bay leaf
1 teaspoonful salt
1 saltspoonful pepper

Pare the potatoes and drop into boiling water; boil rapidly five minutes; drain, throw the water away. Return the potatoes to the kettle; cover with a pint of water, add the onion, the bay leaf, celery and pepper. Cover the kettle and cook until the potatoes are tender. Press the whole through a colander. Put the milk in a double boiler; add the butter and flour, rubbed together. Add the potato and salt; cook until simmering hot and not a moment longer; strain the whole through a fine sieve. This soup may be kept warm in a double boiler for about ten minutes; it cannot be reheated after it is once cold.

PALESTINE SOUP

1 pound Jerusalem artichokes (about 10 good-sized artichokes)
1 blade mace
1 tablespoonful butter
1 quart milk
1 slice onion
1 bay leaf
1 teaspoonful salt
1 saltspoonful pepper

Slice the artichokes; drop at once into cold water; drain, put in a soup-kettle, cover with boiling water and cook until tender (about thirty minutes); drain again; press through a colander. Put the milk in a double boiler; add the artichoke pulp, the onion, bay leaf, mace and pepper; cover and cook for ten minutes. Add the butter and salt and serve at once.

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The flour has been purposely left out of this soup, which will make it admissible in cases of diabetes. For people perfectly well, a thickening may be added, and the soup may be served with croûtons.

CREAM OF TOMATO SOUP

1 quart milk
1 pint strained tomatoes
1 bay leaf
1 blade mace
1 teaspoonful sugar
¼ teaspoonful baking soda
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Put the tomatoes in a saucepan; add bay leaf, salt, pepper and mace; simmer gently ten minutes. Put the milk in a double boiler; add the butter and flour, rubbed together; stir constantly until smooth and creamy. Strain the tomatoes into the tureen; add the sugar and soda and pour in quickly the hot thickened milk. Serve immediately. This soup cannot be kept long and cannot be reheated.

EMERALD SOUP

2 quarts spinach
1 quart milk
1 tablespoonful grated onion
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Cut the leaves from the spinach; wash thoroughly through several cold waters, each time lifting them up with the hand and throwing them in another pan of cold water. Put a good-sized kettle on the fire; when hot, throw in the spinach; cover and push it at once over a slow fire. Let it stand for fifteen minutes until the spinach is thoroughly wilted. Drain, saving the water that has exuded from the spinach.

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Chop the spinach very fine, then press it through a sieve. Put the milk in a double boiler; add the butter and flour, rubbed together; stir until you have a perfectly smooth creamy mixture; then add the spinach pulp and water, salt, pepper and onion. When very hot, serve. Lettuce or endive may be substituted for spinach, using two large heads.

CREAM OF CELERY SOUP

2 heads celery
1 pint water
2 tablespoonfuls butter
2 tablespoonfuls flour
1 slice onion
1 quart milk
1 bay leaf
1 teaspoonful salt
1 saltspoonful pepper

Remove the outside stalks or the green portion of the celery, saving the tender portion for eating raw. Wash and chop the green stalks; put them in the kettle; add the water; cook slowly thirty minutes and press through a colander. Put the milk in a double boiler; add the butter and flour, rubbed together; add the onion and bay leaf; stir constantly until creamy. Add the celery pulp, salt and pepper; cover, and let the water in the under boiler boil for ten minutes. Strain into the tureen and serve at once.

FARMERS' SOUP

2 quarts unshelled peas
1 quart milk
2 tablespoonfuls butter
1 tablespoonful flour
Yolks of 2 eggs
1 slice onion
1 teaspoonful salt
1 saltspoonful pepper

Shell the peas; put the pods, with a quart of water, into a saucepan; boil twenty minutes; strain, sav-

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ing the water. Put the peas in this water and cook until tender (about thirty minutes). Press through a sieve; add the milk and onion, and bring to boiling-point. Rub the butter and flour together; add a little of the soup to the butter and flour until you have a smooth paste, then scrape it into the hot milk; cook until smooth and creamy; add the salt and pepper. Beat the yolks of the eggs; add a little of the hot soup and beat again; remove soup from the fire, take out the onion, and add the yolks quickly to the hot soup. Turn at once into the tureen. This soup is usually served with boiled rice. Put a tablespoonful of boiled rice in each soup-plate before ladling over the soup. It has meat value, and, with bread and butter, forms an exceedingly nice lunch.

CARDINAL SOUP

4 red beets
1 tablespoonful cornstarch
1 slice onion
1 bay leaf
2 tablespoonfuls butter
1 quart milk
1 pint water
1 teaspoonful salt
1 saltspoonful pepper

Scrape the beets and grate them into the water; cover and cook slowly twenty minutes. Put the milk in a double boiler; add the onion and bay leaf. Moisten the cornstarch in a little cold milk; add it to the milk in the double boiler; cook at least ten minutes. Then add the beet pulp, salt and pepper; remove the onion and the bay leaf; add the butter. As soon as the butter is melted, strain the soup into the tureen.

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MOCK OYSTER SOUP

1 bunch (12 roots) salsify
1 pint milk
1 quart water
1 slice onion
1 bay leaf
1 tablespoonful butter
1 tablespoonful flour
1 teaspoonful salt
1 saltspoonful pepper

Scrape the salsify; throw it at once into cold water to prevent discoloration; cut it into slices about half an inch thick; throw these into a kettle, with the water, onion and bay leaf; cook slowly half an hour. Put the milk in a double boiler; add the butter and flour, rubbed together; stir until the milk is thick and smooth. Then add it to the salsify and water in the saucepan; add the seasonings, and serve with oyster crackers.

SOUP SOUBISE

1 large Spanish onion, 3 Bermuda, or 3 white or brown-skinned onions
1 quart milk
1 pint water
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Peel the onions; cut them into slices and put in a saucepan with the salt and water; cook half an hour, until tender, and press through a sieve; add the milk, then the butter and flour, rubbed together, taking up a little of the soup and mixing it until smooth; add the pepper. Press the whole through a sieve, reheat and serve.

CREAM OF MUSHROOM SOUP

½ pound mushrooms (*Agaricus campestris*)
1 tablespoonful cornstarch
2 tablespoonfuls butter
1 quart milk
1 teaspoonful salt
1 saltspoonful pepper

Wash the mushrooms but do not peel them; cut into thin slices, using all the good portion of the

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stem; put them, with the butter and salt, into a saucepan; cover closely and cook slowly twenty minutes. Add the milk and pepper. Moisten the cornstarch with a little cold milk; stir it into the hot mixture and cook slowly until the soup is the consistency of thick cream. Serve at once, ladling it over squares of toast, or pass with it whole wheat bread.

CREAM OF CHEESE SOUP

¼ pound soft American cheese
1 teaspoonful onion juice
1 quart milk
Yolks of 2 eggs
1 tablespoonful butter
1 tablespoonful flour
½ teaspoonful salt
A dash of cayenne

Put the milk in a double boiler; add the cheese, grated, the salt, cayenne and onion juice. Rub the butter and flour together; add it to the cheese mixture; stir and cook until you have a smooth, rather thick soup. Beat the yolks of the eggs; add to them two or three tablespoonfuls of the soup and pour into the tureen. Put also into the tureen about two dozen inch cubes of toasted bread. Pour over the soup, and send to the table. This soup is highly nutritious, having more than meat value. It is an exceedingly nice luncheon dish for children, and with white bread and butter forms an excellent meal.

SOUP à la RORER

1 pound shelled chestnuts
1 head celery
1 small onion
1 bay leaf
1 tablespoonful flour
½ pint cream
1 pint milk
1 teaspoonful paprika

Blanch the chestnuts and remove the brown skin. Cover them with a quart of boiling water; add the

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onion, the celery chopped fine, and the bay leaf; cover and cook gently thirty minutes. Press the whole of this through a colander. You can get all the chestnut pulp and a large portion of the celery through the colander. Return to the kettle; add the flour, moistened in the cold milk. Bring this slowly to boiling-point; add the paprika and cream; reheat, but do not boil; strain through a sieve, and serve with nicely toasted croûtons.

CREAM OF PEANUT SOUP

½ pint peanut butter
1 quart milk
1 teaspoonful onion juice
1 tablespoonful cornstarch
1 saltspoonful pepper
1 saltspoonful celery seed or a little chopped green celery
1 bay leaf
½ teaspoonful salt

Put the milk, celery seed, peanut butter, onion and pepper in a double boiler; stir and cook until hot. Moisten the cornstarch in a little cold milk and add it to the hot milk; stir until smooth and thick; strain through a fine sieve. Add the salt and serve at once with croûtons. This soup has, of course, meat value.

CREAM OF OATMEAL SOUP

1 pint cold oatmeal
1 tablespoonful butter
1 tablespoonful chopped onion
1 bay leaf
Yolk of 1 egg
1 quart milk
1 teaspoonful salt
1 saltspoonful pepper

Put the butter and the onion in a soup kettle. Push the kettle to one side of the fire and let the onion cook without browning, until soft; then add the oatmeal, milk, bay leaf, salt and pepper; stir carefully until the ingredients reach the boiling-point. Strain through a fine sieve, reheat, and pour while hot into

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the tureen over the beaten yolk of the egg. Corn-meal mush or any cold cooked breakfast cereal may be substituted for the oatmeal.

SOUP à la MOUSQUETAIRE

1 pint green peas, or
1 can peas
2 tablespoonfuls olive oil
1 handful sorrel
1 quart water
6 tablespoonfuls thick cream
Yolks of 2 eggs
1 teaspoonful salt
1 saltspoonful pepper

Put the peas, the water and the sorrel in a soup-kettle; cover and simmer gently one hour; press through a sieve; reheat, then add the salt, pepper and cream. Beat the eggs; add a little of the soup. Take the kettle from the fire and turn the eggs into the soup; stir, and serve with large squares of toasted bread.

CHOWDERS

These thick soups are nice for luncheon or supper, or for a dinner where light vegetables follow. They have meat value. Pass ship-biscuit or unleavened bread, and olives, celery or radishes when serving chowder.

CORN CHOWDER

1 quart grated corn
4 good-sized potatoes
2 medium-sized onions
2 tablespoonfuls butter
½ pint boiling water
3 tablespoonfuls flour
1 pint milk
6 water-crackers, or
3 ship-biscuits
Yolks of 3 eggs
1 teaspoonful salt

Pare and cut the potatoes into dice; chop the onion; put a layer of potato in the kettle, then a sprinkling of onion, then a layer of corn, then potato, and so continue until all are in. Add the water; cover the

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kettle and place over a slow fire where the contents will simmer twenty minutes. Rub butter and flour together; add milk and salt; stir until boiling. When hot, take from the fire and add the egg yolks beaten with two tablespoonfuls of milk. Turn all into the tureen; crush the crackers and sprinkle over the top. Serve at once.

MOCK CLAM CHOWDER

1 bundle salsify (12 roots)
1 pint milk
1 onion
4 medium potatoes
Yolks of 2 eggs
½ cupful lentils
1 teaspoonful celery salt
3 tablespoonfuls butter
1 quart boiling water

Wash and soak the lentils over night; drain and scald. Scrape the salsify and put it at once in cold water to prevent discoloration; pare and cut the potato into dice; chop the onion; slice the salsify crosswise; put it in the kettle with the onion, lentils and water; cover and cook for half an hour. Add the potatoes and cook twenty minutes longer. Beat the egg yolks with two tablespoonfuls of milk; add the remaining milk to the chowder; when hot add the butter and celery salt; take from the fire and add the yolks. In stirring be careful not to break the lentils or potatoes.

POTATO CHOWDER

6 medium-sized potatoes
1 large onion
½ pint chopped celery
1 pint water
1 teaspoonful salt
1 tablespoonful chopped parsley
2 tablespoonfuls butter
1 tablespoonful flour
1 quart milk

Pare and cut the potatoes into dice; chop the onion; put the butter in a shallow frying-pan; when hot

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add the onion; shake until it is slightly browned. Put a layer of potatoes in the bottom of the kettle, then a layer of celery, a little parsley, salt and onion, and so continue until all the materials are used. Add the water; cover the kettle and simmer twenty minutes. Do not stir. Add the milk, and when hot add the flour, moistened with a little cold milk, and the salt. Stir carefully until it reaches the boiling-point, and serve at once.

To give this dish meat value add the yolks of two eggs or a quarter of a pound of grated cheese just before taking from the fire.

TOMATO CHOWDER

6 large ripe tomatoes, or
1 can tomatoes
1 pint, or 1 can corn
½ pint chopped celery
3 tablespoonfuls butter
1 large onion
4 hard-boiled eggs
4 slices whole wheat bread
3 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful black pepper

Peel the tomatoes; cut them in halves and press out the seeds; cut each half into quarters; put these with the corn, celery and onion, chopped, in the kettle; cover and simmer half an hour; cut the bread into dice and toast in the oven until crisp. Rub the butter and flour together; add a little of the hot chowder; stir and add this to the ingredients in the kettle; stir until smooth and boiling. Add salt and pepper. Slice the eggs and put them in the tureen; pour in the chowder and put the toast over the top. Serve at once.

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BRUNSWICK STEW

½ pint green lima beans
½ pint peas
6 ears corn
4 whole tomatoes
6 pods okra
2 good-sized onions
4 tablespoonfuls rice
2 tablespoonfuls butter
1 teaspoonful salt
1 saltspoonful pepper

Put half the butter in a saucepan; add the onion, chopped; shake until the onion is soft, not brown. Peel the tomatoes, cut them into halves, squeeze out the seeds, then cut each half into quarters; add to the butter and onion. Boil the beans and peas; add to the tomato and onion. Cut the okra into slices, add it to the tomato; cover, cook on the back part of the stove for thirty minutes. Then add the beans and peas that have been boiled and drained and the rice, washed. Score and press out the corn, add it, and if the stew is now thick, add a half pint of milk. Cover and cook until the corn is done (about twenty minutes), being very careful not to scorch. Add the remaining butter, salt and pepper. This is also very nice made with cocoanut milk or with vegetable stock.

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A DIVISION OF OUR COMMON VEGETABLES

Vegetables that do not contain an appreciable amount of Starch or Sugar

Lettuce	Cress
Chicory	Celery, young and tender
String beans, very young	Turnips
Carrots	Radishes
Globe artichokes	Jerusalem artichokes, young
Brussel sprouts	Cabbage
Cauliflower	Kale
Collards	Kohl-rabi
Dandelions	Sour dock
Eggplant	Onions
Leeks	Peppers
Rutabaga	Spinach
Savoy cabbage	Summer squash
Asparagus	Turnips
Poke shoots	

Vegetables containing Starch

Potatoes	Rice
Sweet potatoes	Yams
Winter-squash	Chestnuts
Hominy grits	Samp
All the cereals	Bread
Sago	Arrowroot
Macaroni and spaghetti	

Leguminous seeds—dried beans, peas, lentils, peanuts

The Sugar Group

New peas	Sweet potatoes
New corn	Beets

Tomatoes and very young carrots are said to contain a small quantity of sugar

Nitrogenous Vegetables and Meat Substitutes

The cereals	Dried beans
Dried peas	Lentils
Peanuts	Chick peas

Pecans, English walnuts, hickorynuts, piñons eggs and milk

The Fatty Group

Olives and all the nuts, except chestnuts, are rich in fatty matter

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IN THE PLACE OF MEAT

RISOTTO

½ pint rice
¼ pound grated cheese
1 Spanish swee pepper
1 small onion
½ pint solid tomatoes, or
2 whole tomatoes
1 tablespoonful butter
1 teaspoonful salt

Wash the rice, throw it into boiling water and boil rapidly for fifteen minutes. While this is boiling, put the butter, the chopped onion, and the pepper cut into strips, into a saucepan. Shake over the fire for just a moment until thoroughly heated; add the tomatoes. If you use fresh tomatoes, peel them, cut into halves, squeeze out the seeds, and cut the flesh into small pieces. Drain the rice. Put a layer of rice in the bottom of a baking-dish, then a sprinkling of cheese, a layer of the sauce, another layer of rice, then the remainder of the sauce, then the last layer of rice. Cover this thickly with cheese. Cover the baking-dish, stand in a hot oven for twenty minutes, until the cheese is thoroughly melted. Serve in the dish in which it is baked. With a salad and a fruit dessert this makes a complete meal.

ESCALLOPED RICE

½ pint rice
½ pound cheese
½ pint milk
2 tablespoonfuls butter
2 tablespoonfuls flour
½ teaspoonful salt
1 saltspoonful pepper

Wash the rice through several cold waters, boil it in plenty of water for twenty minutes and drain. Rub together the butter and flour, add the milk, stir until boiling, then add the salt and pepper.

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Grate or chop the cheese, stir it into the sauce. Put a layer of rice in the bottom of a baking-dish, then a layer of sauce, then another layer of rice, and so continue until you have used all ingredients. Dust the top thickly with bread-crumbs and bake in a quick oven twenty minutes. Serve in the dish in which it is baked.

FARMERS' RICE

½ pint rice
6 hard-boiled eggs
2 tablespoonfuls butter
½ pint milk
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Wash the rice, boil and drain it. Put the eggs in a kettle of cold water over the fire; bring slowly to a boil, and keep just below the boiling-point for twenty minutes; drop them into cold water; remove the shells and cut into slices, crossways. Rub the butter and flour together; add the milk; when boiling add the salt and pepper. Put a layer of rice in the bottom of a baking-dish, then a layer of the slices of hard-boiled eggs; cover with a layer of sauce. A little chopped parsley or finely chopped celery is a pleasant addition. Continue these layers until all the ingredients are used, having the last layer of sauce. Dust with bread-crumbs and bake twenty minutes in a quick oven.

BAKED RICE

½ pint rice
½ pound cheese
½ pint milk
½ teaspoonful salt
A dash of cayenne

Wash the rice, boil it rapidly twenty minutes and drain. Chop the cheese. Put a layer of rice in the

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bottom of a baking-dish, then a layer of cheese with a dusting of salt and cayenne; then another layer of rice and cheese until you have the ingredients used. Pour in the milk, cover the pan, and bake in a quick oven twenty minutes.

RICE à la ITALIENNE

Follow the recipe for baked rice, using a pint of strained tomatoes in place of the half pint of milk.

RICE à l'ANGLAISE

½ pint rice
½ pint pecan meats
1 pint strained tomatoes
1 teaspoonful salt
1 saltspoonful pepper

Wash the rice, boil and drain. Chop the nut meats rather fine; do not grind them. Add salt and pepper to the tomatoes. Put a layer of rice in the bottom of a baking-dish, a layer of the nuts, then a layer of the rice, then nuts, and so continue until you have the dish full, having the last layer of rice. Pour over the tomatoes and bake in a moderate oven thirty minutes.

PEANUT BUTTER

Roast the peanuts to a nice brown, or buy them already roasted. Remove the shells and the skin or bran. Be careful that the nuts are in good condition and have a fine flavor or they will grow rancid quickly. Put a few at a time in the mill, tighten the screw and grind rapidly. Add, from time to time, a little salt, if you like. Pack the butter in tumblers and stand at once in a cool place.

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To Make Peanut Meal—Put raw peanuts, after they have been shelled and the skins taken off, through the meat-grinder or through a nut-mill, loosely geared.

All nut butters and nut meals are made after these two recipes.

PECAN SAUSAGES

1 pint pecan meats
1 egg
½ teaspoonful salt
1 cup cooked farina or cream of wheat
A dash pepper
1 tablespoonful sage

Put the nuts through a meat-chopper, add the farina, all the seasoning, and at the last the egg, beaten. Make into round cakes, place these on paper in the bottom of a baking-dish. Bake twenty minutes in a quick oven. Serve on a hot plate with either white or tomato sauce.

This recipe will answer for all kinds of nut sausages.

PINE NUT STEAKS

½ pint stale bread-crumbs, sifted
½ pint pine nuts
2 eggs
1 teaspoonful sage
1 saltspoonful celery seed
1 saltspoonful salt

Put the nuts through the meat-grinder, mix them with the bread-crumbs, then add the seasoning and the eggs, beaten. Make into small cakes and bake on oiled paper, twenty minutes. Serve with brown sauce made from vegetable stock, or with white or tomato sauce.

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NUT CANNELON

½ pint pecans or English walnuts
½ pint hominy grits
1 pint milk
1 teaspoonful salt
1 saltspoonful pepper
4 tablespoonfuls bread-crumbs
1 hard-boiled egg

Cover the hominy with the milk and soak twenty minutes; cook in a double boiler for one hour. Take from the fire, add the chopped nuts, egg, bread-crumbs and all the seasoning. This mixture should be sufficiently dry to form nicely into a roll six inches long and about four inches in diameter. Roll in oiled paper and bake in a moderate oven half an hour, basting once or twice with a little butter. Serve with English drawn butter or white sauce.

BANANA CANNELON

6 ripe bananas
½ pint peanuts or English walnuts
½ pint water
4 tablespoonfuls cornstarch
1 teaspoonful salt

Put the nuts through the meat-grinder; mash the bananas; add the nuts, the water in which you have moistened the cornstarch, and the seasoning. Pour this mixture into pound baking-powder cans; stand in boiling water; boil continuously for three hours. When done, let them stand for about ten minutes, turn them out and serve with white sauce or English drawn butter.

MOCK VEAL ROAST

½ pint shelled roasted peanuts
½ pint lentils
½ pint toasted bread-crumbs
1 teaspoonful salt
1 saltspoonful pepper

Soak the lentils over night, drain, bring them to a boil; throw the water away; cover with fresh water

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and boil until tender; drain again; press them through a colander. Add nuts, chopped or ground, the bread-crumbs and the seasoning, with sufficient milk to make it the consistency of mush. Pour into a baking-dish and bake in a moderate oven one hour.

Beans or peas may be substituted for lentils.

MOCK MEAT HASH

Chop left-over mock roast and mix it with an equal quantity of cold boiled potatoes, also chopped. Bake in a greased pie-dish and serve hot.

MOCK TENDERLOIN STEAK

The better way to do is to make a quantity of this, put it into cans and cook it, then cut it off and broil or heat when needed. The following ingredients will be sufficient for several meals:

1 quart nut meats (English walnuts, peanuts, pine nuts and almonds in equal quantities)
1 quart bread-crumbs
1 pint water
1 tablespoonful salt
2 saltspoonfuls pepper

Put the nuts through the meat-chopper, mix them with the crumbs, add the seasoning and the water, pack into tin cans, and steam or boil three hours. Stand in a cold place with the lids off, until perfectly cold, then cover and keep them in the refrigerator. When ready to use, turn them out, cut in slices, and heat in the oven or broil quickly. Serve plain or with tomato sauce.

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MOCK TURKEY

1 pint bread-crumbs
1 pint mixed nuts
1 pint boiled rice
6 hard-boiled eggs
3 raw eggs
1 tablespoonful grated onion
1 tablespoonful salt
1 saltspoonful pepper

Put the bread-crumbs in a saucepan with a pint of water; cook for a few minutes; add the hard-boiled eggs, chopped; take saucepan from the fire and add the nuts (a mixture of peanuts and pine nuts is best), and the rice. When this is well mixed, add the raw eggs, slightly beaten. Form this into the shape of a turkey, reserving a portion for the legs and the wings. Take a tablespoonful of the mixture in your hand and press it into the shape of a leg; put a piece of dry macaroni into it for the bone and fasten it to the turkey. Do the other side the same. Form the remaining portion into small pieces looking like wings tucked under; press them to the side of the turkey. Brush the turkey with butter and bake for one hour. Serve with cranberry sauce.

MOCK GOOSE

Make precisely the same as mock turkey, using black walnuts in the place of the other nuts. Serve with gooseberry jam.

MOCK DUCK

Make same as mock goose, adding to the mixture a half pint of finely chopped celery. Serve with apple sauce.

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MOCK FISH

1 pint cooked hominy grits
½ pint mixed nuts
1 tablespoonful butter
2 hard-boiled eggs
1 raw egg
1 teaspoonful grated onion
1 teaspoonful chopped parsley
1 teaspoonful salt
1 saltspoonful pepper

Put the nuts through a meat-grinder and add to the grits. Add seasoning and the hard-boiled egg yolks, chopped. Oil a piece of paper the shape of a fish; form the "fish" on it; brush it with the beaten yolk of the raw egg; dust it with a little celery salt. Take the whites of two hard-boiled eggs and form the gills and the mouth; use two good-sized filberts for the eyes; if you are without filberts, use peanuts. Cut blanched almonds into quarters lengthwise and arrange them on the back in imitation of fins. Bake in a moderate oven for twenty minutes. When done, put in a piece of quilled paper for a tail. Garnish with parsley and lemon and send to the table. In lifting the fish from the pan to the platter, use a slice; of course do not remove it from the paper. Serve with sauce Hollandaise.

PLANKED MOCK FISH

Make the fish according to the preceding recipe, putting it on a paper cut the shape of a fish on a plank. Border the plank nicely with well beaten mashed potatoes. Brush the whole with melted butter and brown quickly in the oven. Garnish the board between the fish and the potato border with either small stuffed tomatoes or small boiled cucumbers. Pass tomato, white or sauce Hollandaise.

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MOCK HAM

1 quart kidney beans
½ pint English walnuts
½ pint black walnuts
½ pint pecans
½ pint almonds
1 can pimientos
1 tablespoonful salt
1 saltspoonful black pepper

Soak the beans over night; next morning drain, cover with fresh boiling water, boil twenty minutes; drain, throw the water away, cover again with fresh water, and boil until tender; press through a colander. Chop the nuts and pimientos. Add them, with all the other ingredients, to the beans. Form into a small ham and place on a greased paper; brush with melted butter; bake in a moderate oven one hour. When done, take out the ham, brush it again with butter, dust it thickly with bread-crumbs and brown. Serve this cold, cut into thin slices.

NUT CHEESE

Mix sufficient nuts of various kinds to make one quart.

1 pint bread-crumbs
2 raw eggs
1 teaspoonful salt
1 saltspoonful pepper

Chop the nuts, mix them with the bread-crumbs, add the eggs, beaten, and the seasoning. Put this mixture into small baking-powder cans and steam for two hours. When cold, stand in the refrigerator until wanted. Serve cold cut into thin slices.

This is very nice for sandwiches, or may be served with tomato salad for supper or luncheon.

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NUT CROQUETTES

½ pint pecans or English walnuts
1 pint mashed potato
Yolks of 2 eggs
1 teaspoonful salt
1 teaspoonful onion juice
1 tablespoonful chopped parsley
1 saltspoonful pepper
¼ nutmeg, grated

Chop the nuts, add them to the potato with the yolks of the eggs and all the seasoning. Form into cylinders. Beat the whites of the eggs with two tablespoonfuls of water until well mixed, not light; roll the croquettes in this, then in bread-crumbs and fry in hot fat. Serve with nicely seasoned peas.

VEGETABLE MEAT PIE

½ pint small lima beans
½ cup peanuts
½ cup almonds, or
¼ cup pine nuts
½ pint white sauce
6 potatoes
2 hard-boiled eggs
1 tablespoonful chopped parsley
1 teaspoonful salt
1 tablespoonful chopped onion
1 saltspoonful pepper

Soak the beans over night. Next morning cover them with boiling water and boil rapidly half an hour; drain; slip the beans from their skins, cover with fresh water and cook until tender. When they are done, split them into halves without breaking the halves. Scald and blanch the almonds and shell the peanuts. Boil the potatoes. When they are done, take out three potatoes and cut them into blocks; mash the remaining three, add four tablespoonfuls of hot milk, a little salt and pepper, and a half cup of sifted flour. Put a layer of beans in the bottom of a baking-dish, then a sprinkling of the nuts, mixed, a little chopped hard-boiled egg, a dusting of the seasoning, then the potato blocks, then another layer

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of beans, and so continue until you have the ingredients all used. Take the mashed potato in your hand and pat it or roll it out on a board the size of the baking-dish. Pour in the baking-dish the white sauce, put the potato crust on top, brush with milk, and bake half an hour in a moderately quick oven.

VEGETABLE CHICKEN PIE

1 pint mixed pecans and filberts
½ pint pine nuts
4 good-sized potatoes
1 can mushrooms
2 tablespoonfuls butter
2 tablespoonfuls flour
1 pint water or milk
10 small onions
½ can corn
1 teaspoonful salt
1 saltspoonful pepper

Chop the filberts or pecans, but keep the pine nuts whole; mix them, add the mushrooms, the onions, boiled and perfectly whole. Rub the butter and flour together; add water or milk. Pare the potatoes, cut them into dice, boil them ten minutes; drain; add them and all the ingredients to the sauce. Turn the mixture into a baking-dish; cover it with potato crust and bake in a moderately quick oven half an hour.

CHISULA

Grind a quart of roasted shelled peanuts either in a nut-grinder or put them through a meat-chopper; add a dusting of salt; split small bananas down one side; open the skin and take out the banana without breaking the skin. The bananas may be sliced and put aside to serve as dessert, or they may be baked and served hot. Pack the ground peanuts into the banana skins, pressing tightly with the hand. Open the skin and take out down the centre two or three teaspoonfuls; close the skin and stand

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these in a baking-pan and bake in a quick oven twenty minutes. While they are baking, make a plain tomato sauce, seasoning it nicely with a little onion, and cook slowly until quite thick. When the bananas are done, open the shells and put in each about two tablespoonfuls of tomato sauce; dish on a platter and send to the table. Serve with this a dish of carefully boiled rice, plain, or with curry sauce.

JAMBOLAYA

½ pint kidney beans
½ pint grated cocoanut
½ pint pecan meats
½ pound rice
3 chili peppers
2 tablespoonfuls butter
1 pint tomatoes
½ teaspoonful curry powder
1 teaspoonful salt

Wash and boil the beans as directed in preceding recipes. Put the butter in a saucepan, add the chili peppers and pecan meats, chopped, curry powder, salt, tomatoes and cocoanut; stir until it reaches the boiling-point, then add the beans. Let this simmer over hot water for twenty minutes while you boil the rice. Serve the rice at the ends of a large platter, the jambolaya in the centre.

POTATO ROLL

Boil sufficient potatoes to make one quart of mashed potatoes. Add to them a half pint of chopped pecan meats, a teaspoonful of salt, a saltspoonful of pepper, a half pint of finely chopped celery, or a saltspoonful of celery seed. Mix together and form in a roll six inches long. Lay this on a piece of oiled paper, baste with melted butter, and bake in a quick oven until brown (twenty minutes). Serve with white sauce.

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STUFFED CUCUMBERS

3 good-sized cucumbers
½ cup bread-crumbs
½ cup chopped nuts
1 egg
1 tablespoonful butter
1 tablespoonful chopped onion
1 teaspoonful salt
1 saltspoonful pepper

Pare the cucumbers, cut into halves and scoop out the seeds. Chop the nuts and add them to the bread-crumbs; add the onion, egg, the seasoning, and the butter, melted. Fill each half of the cucumber; put the two pieces together, tying them with twine. Brown them over a hot fire in about two tablespoonfuls of olive oil, or some other fat. Turn them until brown, then add a little water to the pan and bake until the cucumbers are tender, basting two or three times. If the water in the pan evaporates, add more. When done, dish on a hot platter, remove the strings. Serve plain, or with brown or tomato sauce.

TURKISH CABBAGE

1 soft head cabbage
½ pint chopped nuts
1 onion
2 tablespoonfuls butter
2 tablespoonfuls flour
Yolks of 2 eggs
3 lemons
1 teaspoonful salt
1 saltspoonful pepper

Savoy cabbage may be used in place of ordinary cabbage. Drop the whole head of cabbage into boiling water; cover, and stand it on the back part of the stove until the cabbage is wilted; drain; carefully remove the leaves and cut out the mid-ribs. Put the nuts in a bowl, add the onion, chopped very fine, the salt and pepper. Put a cabbage leaf on the table board; put a tablespoonful of the mixture in the

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centre; fold in the sides of the leaf and roll it up. Fasten it with a wooden toothpick or twine. Lay it down in a saucepan. Make another roll, and so continue until you have the desired quantity, placing the rolls close together in the saucepan. Squeeze the juice of the lemons over the top. Add sufficient boiling water to cover the rolls. Stand the saucepan over a moderate fire; cook slowly for twenty minutes. Drain carefully, holding the rolls down with a limber knife, pressing them lightly until all the water is drained off. Save the water. Rub the butter and flour together; add the water, which should not measure over one pint; stir this over the fire until boiling, and let it boil five minutes. In the meantime, remove the strings or toothpicks from the rolls and dish them neatly on a platter. Take the sauce from the fire, add the yolks of the eggs, slightly beaten; cook a moment, and strain it over the rolls. Garnish the ends of the dish with carefully boiled rice and send at once to the table.

STUFFED CABBAGE

1 loose head cabbage
½ pint boiled rice
½ pint chopped nuts
3 hard-boiled eggs
1 tablespoonful chopped parsley
1 teaspoonful salt
1 saltspoonful pepper

Select a very soft and loose head of ordinary cabbage or a head of Savoy. Soak the head in cold water for an hour; then put it in a kettle of boiling water; let it stand on the back part of the stove for fifteen minutes. Drain, and open the head carefully to the very centre, without breaking the

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leaves. Mix the nuts with the boiled rice; add the parsley, salt and pepper, and the eggs, hard-boiled and chopped. Put a teaspoonful of this in the centre of the head and fold over the leaves; on these leaves put a thin layer of the mixture, and fold over the next set of leaves, and so continue until you have a thin layer of the filling between each set of leaves. Tie the head carefully in a piece of cheesecloth, put it into a kettle of boiling salted water, boil uncovered for one hour; drain; dish on a round dish and pour over it either a well-made sauce Hollandaise or a white sauce.

BAKED CAULIFLOWER

1 head cauliflower
1 tablespoonful butter
Yolks of 4 eggs
1 tablespoonful grated onion
1 tablespoonful flour
1 pint stale bread-crumbs
½ pint milk
¼ nutmeg, grated
1 pint grated cheese
½ teaspoonful salt
1 saltspoonful pepper

Boil the cauliflower and break it apart carefully into flowerets. Put a layer of these in the bottom of a baking-dish, then a layer of crumbs, a dusting of salt, pepper, nutmeg and onion; then another layer of cauliflower, crumbs, half the cheese, and another sprinkling of seasoning; on this, another layer of cauliflower, seasoning, breadcrumbs and cheese. Rub the butter and flour together; add the milk and stir until boiling. Add the yolks of the eggs, and pour it over the ingredients in the baking-dish. Dust the top with crumbs and bake in a quick oven ten or fifteen minutes. Be very careful not to overcook or it will curdle.

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STUFFED ONIONS

2 large Spanish onions, or
6 good-sized Bermuda onions, or 6 ordinary white-skinned onions
½ pint boiled rice
½ pint chopped almonds and pecans, mixed
1 teaspoonful salt
1 saltspoonful pepper
1 raw egg

Put the onions, without peeling, into a saucepan of boiling water; add half the salt and boil for half an hour. Drain and dry. Remove the outside skin, and, with the handle of a teaspoon, take out the centre, saving it for the sauce. Mix the nuts, rice, seasoning and egg; fill this into the onions; stand them in a baking-pan, brush with melted butter and bake in a moderate oven for half an hour. Chop very fine the portion that you have taken from the centre, press it through a sieve; add this pulp to a half pint of hot white sauce and pour it into a sauceboat. Serve the onions on a platter; pass the sauce. Bread-crumbs may be substituted for rice and a tablespoonful of parsley added.

BAKED BEANS

1 quart white soup beans
2 tablespoonfuls molasses
1 tablespoonful salt
½ pint finely chopped nuts, pecans, English or black walnuts
½ pint boiling water

Wash the beans and soak them over night. Next morning, drain, cover with fresh water, bring slowly to the boiling-point, and simmer until the skins will crack. The better way to test is to take out a bean and blow on it; if sufficiently done the skin will quickly crack. Drain the beans, and throw this water away. Put the beans in a bean-pot, alternating the layers with the chopped nuts; add the molasses and the salt to the boiling water; pour

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this over the beans, cover the pot and bake in a slow oven six hours; remove the cover for the last hour of the baking. As the water evaporates, add a little fresh water from time to time.

BAKED BEANS WITH TOMATO SAUCE

Follow the preceding recipe, substituting a pint of strained tomatoes for the water.

BEAN LOAF WITH RICE

1 pint beans
½ pint rice
½ pint milk
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Soak the beans over night; next morning, wash, cover with fresh boiling water, boil for thirty minutes, drain and throw the water away; cover again with fresh water and simmer about an hour until tender. While the beans are cooking, wash and boil the rice; it must be dry, not sticky. When the beans are done, press them through a colander. Rub the butter and flour together, add the milk, stir until boiling; add this and the salt and pepper to the bean pulp, stir until soft, then add the rice. Turn this into a baking-dish and bake in a quick oven forty minutes, until brown. This, with a salad, makes an excellent meal.

BEAN CROQUETTES

1 pint white beans
½ cup cream
Yolks of 2 eggs
1 tablespoonful butter
1 tablespoonful flour
1 tablespoonful chopped parsley
1 teaspoonful onion juice
1 teaspoonful salt
1 saltspoonful pepper

Soak the beans over night, drain, cover them with

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fresh water, boil an hour, drain, throw the water away, cover with fresh water and boil until tender; drain and press the beans through a colander. Rub the butter and flour together, add the cream, stir until almost boiling, then add the yolks of the eggs. Stir again for a minute over the fire, add the bean pulp and all the seasoning; mix and turn out to cool. When cool, form into cylinders, dip in egg, roll in bread-crumbs and fry in hot fat. Serve plain or with tomato sauce.

BEAN STEW WITH DUMPLINGS

1 quart beans
½ cup milk
1 pint flour
2 teaspoonfuls baking-powder
1 large onion
1 carrot
½ cup chopped celery
1 teaspoonful salt
1 saltspoonful pepper

Wash the beans and soak over night. Next morning, drain, cover with fresh cold water, bring to boiling-point; drain; throw the water away. Cover now with two quarts of fresh boiling water. Add the onion and carrot chopped, the celery and pepper; stew until the beans are tender, add the salt. Sift the flour and baking-powder into a bowl; add the milk. Drop these dumplings, by spoonfuls, over the beans, cover the kettle; boil ten minutes without lifting the lid. Dish the dumplings around the edge of a deep platter, pour in the stew and serve.

FLAGEOLETS

1 pint flageolets
½ cup cream
1 teaspoonful salt
1 saltspoonful pepper

Wash the flageolets and soak over night. Next morning, cover them with fresh boiling water, bring

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slowly to boiling-point, drain and throw the water away; cover with fresh boiling water and simmer gently about one hour until tender; drain, add the cream, salt and pepper. Shake them a minute over the fire and serve in a border of rice.

RED BEANS, SPANISH STYLE

1 pint kidney beans
1 pint tomatoes
1 good-sized onion
3 pimientos
2 tablespoonfuls oil or butter
1 teaspoonful salt

Wash and soak the beans over night. Next morning, cover with fresh boiling water, bring slowly to boiling-point; simmer for thirty minutes, drain, and throw the water away; cover with fresh boiling water and simmer gently until tender—about one hour. Chop the onion and pimientos; put the oil or butter in a saucepan, add the onion and pimientos; shake over the fire until the onion is soft, add the tomato and salt. Drain the beans, add them to the sauce, simmer gently thirty minutes. Serve in a border of carefully boiled rice.

MOCK CHILI CON-CARNE

1 pint kidney beans or Mexican frijoles
1 small red pepper (hot)
4 sweet peppers
1 pint tomato
6 tablespoonfuls olive or peanut oil
1 onion
1 teaspoonful salt

Wash the beans and soak them over night. Next morning, cover them with fresh water, bring to a boil; drain; throw the water away; cover again with fresh boiling water and cook until the beans are tender. A half hour before the beans are done put the oil in a saucepan, add the peppers and onion,

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chopped, and the tomatoes, strained; cook thirty minutes; add the salt and the beans. Let them simmer gently until the sauce is thick—about fifteen to twenty minutes—and serve with rice.

CURRY OF KIDNEY BEANS

1 pint beans
2 tablespoonfuls butter or oil
2 tablespoonfuls flour
1 teaspoonful curry
1 onion
1 pint strained tomatoes
1 teaspoonful salt

Wash and soak the beans over night. Next morning, drain, cover with fresh boiling water; boil thirty minutes; drain; add fresh water and boil until tender. Put the butter or oil in a saucepan; add the onion, chopped; shake over the fire until the onion is soft; add the curry powder; mix and add the flour; add the tomatoes, strained, salt, and, when boiling, add the beans. Cook slowly fifteen minutes and dish in a border of rice. Serve with this fried bananas and chutney.

STEWED DRIED LIMA BEANS

Soak the beans over night and in the morning cover with fresh water; bring to a boil; drain; cover with fresh boiling water and cook until tender. You may now slip them out of the skins or press them through a colander. Dried lima beans may be dressed the same as fresh lima beans.

LIMA BEAN ROAST

1 pint small dried lima beans or 1 quart young fresh lima beans
½ pint peanuts
½ pint stale bread-crumbs
1 teaspoonful onion juice
1 teaspoonful salt
1 saltspoonful pepper

Cook the beans as directed in preceding recipes. Put the peanuts through a meat-grinder; mix with

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the bean pulp and add the bread-crumbs and seasoning. Put this into a square mould that has been slightly oiled. When you have it well formed, loosen it, turn it out into a baking-pan. Brush with beaten egg and bake in a moderate oven until a nice brown—about half an hour.

MOCK OYSTERS

4 parsnips or 6 salsify
½ pint nuts
½ pint boiled rice
2 eggs
4 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper

Chop the nuts and mix with the rice; add all the seasoning. Boil the salsify or parsnips until tender; press through a colander and add to the other ingredients; add the flour, mix, and add the eggs, beaten. If this is too thick to drop from a spoon, add just a little milk or nut cream. Drop by tablespoonfuls into a little hot fat; when brown on one side, turn and brown on the other. Serve hot with chili sauce.

BAKED MACARONI

¼ pound macaroni
¼ pound cheese
2 tablespoonfuls oil or butter
2 tablespoonfuls flour
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper

Break the macaroni into lengths of two inches. Drop into a kettle of boiling salted water and boil rapidly thirty minutes; drain, throw into cold water. Grate the cheese; rub the butter and flour together, add the milk, stir until boiling, then add the salt and pepper. Drain the macaroni; put a layer in the bottom of a baking-dish, then a layer of

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cheese, another layer of macaroni, then cheese, until the dish is filled. Pour over the white sauce, dust thickly with bread-crumbs and bake twenty minutes in a moderately quick oven.

SPAGHETTI à l' ITALIENNE

½ pound spaghetti
¼ pound cheese
1 pint strained tomatoes
1 good-sized onion
1 teaspoonful salt
½ teaspoonful paprika
1 tablespoonful butter or oil

Grasp the spaghetti in your hand, put the ends into a kettle of boiling water and press slowly until you have the entire length under water. Do not break spaghetti. Toss this with a fork until the water boils rapidly, then boil for half an hour; drain and throw into cold water. Put the butter or oil into a saucepan, add the onion, chopped, and salt; shake until the onion is tender and add the tomatoes and paprika. When this has reached the boiling-point, drain and add the spaghetti. When hot, add the cheese chopped or grated. Stir until the cheese is melted, and serve at once.

SPAGHETTI CROQUETTES

½ pound spaghetti
½ pint milk
Yolks of 2 eggs
2 tablespoonfuls butter
1 teaspoonful onion juice
3 tablespoonfuls flour
1 teaspoonful salt
1 saltspoonful pepper
1 tablespoonful chopped parsley

Boil the spaghetti as directed in the preceding recipe; throw it into cold water to blanch; when cold, drain and chop it rather fine. Rub the butter and flour together; add the milk and stir until boiling; add the yolks of the eggs, the spaghetti, and all the seasoning. Turn out to cool. When very

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cold form into pyramids or cylinders. Beat an egg without separating, add a tablespoonful of water; dip the croquettes in this, roll them in bread-crumbs, and fry in hot fat. Drain on brown paper; serve with a cream cheese sauce.

SPAGHETTI TIMBALES

¼ pound spaghetti
6 eggs
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper

Boil the spaghetti without breaking for twenty minutes; throw it into cold water; when cold, drain. Brush custard cups with butter, dust thickly with dried bread-crumbs, then line carefully with the spaghetti, starting in the centre of the bottom and coiling it around to the very top. Break into each cup one or two eggs; dust with salt and pepper. Stand these in a pan of boiling water, and bake in the oven until the eggs are set. Turn out carefully on a heated platter. Rub the butter and flour together and add the milk; stir until boiling; add the salt and pepper; pour this around the timbales, and send at once to the table.

SPAGHETTI à la MILANAISE

½ pound spaghetti
¼ pound cheese
2 pimientos
1 large onion
½ can mushrooms
3 whole tomatoes, or
1 pint solid canned tomatoes
2 tablespoonfuls oil or butter
1 teaspoonful salt
1 saltspoonful pepper

Boil the spaghetti without breaking for a half hour; lay it in cold water for another half hour, then

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drain. Put the butter in a saucepan, add the onion and the pimientos chopped; shake over the fire until the onion is soft, add the tomatoes. If you use fresh tomatoes, they must be peeled and cut into pieces and cooked until tender. Add the mushrooms cut into slices. Cover the pan and simmer gently twenty minutes; then add the spaghetti; when hot turn out on a heated platter and cover with the grated cheese. If you use Parmesan in the place of ordinary American cheese, pass it in a separate dish.

SPAGHETTI à la CARUSO

½ pound spaghetti
½ pound fresh mushrooms
2 tablespoonfuls butter
1 pint strained tomatoes
1 good-sized onion
3 cloves
1 garlic
1 teaspoonful salt
1 saltspoonful pepper

Boil the spaghetti as directed, by holding in boiling water and pressing down slowly; cover the kettle, and boil rapidly for a half hour. Throw into cold water. Keep changing the water until it is perfectly cold, and blanch fifteen minutes. Put the butter in a saucepan; add the mushrooms, cut into slices, and the salt. Cover the pan for twenty minutes until the mushrooms are tender. While these are cooking, put the tomatoes, the onion and the garlic into a saucepan and boil until reduced one-half; then strain the tomatoes into the mushrooms. Drain the spaghetti, add it and the salt and pepper to the mixture. When smoking hot, serve.

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EGGS

HOW TO POACH EGGS

Have ready a moderately shallow pan, half filled with boiling water; add a teaspoonful of salt. Take the eggs near the pan, break one in a saucer, slide it quickly into the boiling water, and so continue until you have the desired quantity. Have the water sufficiently deep to cover the eggs. If it is boiling hard, it will throw the white over the yolk, giving it a round appearance, and this is the better form for made dishes. Lift each egg with a skimmer, and drop it into a bowl of warm water until ready to use.

If the eggs are to be served on toast, have the water nearly boiling, but not actually boiling; it must be quiet. Add the salt, break in the eggs; lift carefully, trimming the edges and slip them on the toast.

SHIRRED EGGS

Grease the bottom of individual shirring dishes, or a granite or stoneware platter; drop in the eggs, dust with salt and pepper, put here and there a few bits of butter; cook in the oven until they are set.

TO HARD-BOIL EGGS

Put the eggs into warm water, bring them to boiling-point, and keep them just below 212° Fahr. for fifteen or twenty minutes. Chill quickly and remove the shells or the yolks will turn very dark.

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TO STEAM EGGS

Put four eggs into two quarts of boiling water. Cover the kettle and let stand for five minutes away from the fire. The whites will be soft and creamy, the yolks nicely cooked. If you need a greater quantity of eggs, let them stand for five minutes on the back of the stove; they must not be boiled.

EGGS AU MIROIR

Cover the bottom of a stoneware or silver platter with a few fresh bread-crumbs. Break in as many eggs as necessary for the number of persons to be served, allowing one or two as you please. Dot with bits of butter, using about a tablespoonful to each six eggs. Stand the platter over hot water in the oven, until the eggs are set. Dust with salt and pepper and send to the table.

EGGS MEXICANA

1 onion
2 tablespoonfuls butter
1 green pepper
1 red pepper
½ pint tomatoes
1 teaspoonful salt
1 saltspoonful pepper
6 or 8 eggs

Put the butter in a saucepan, add the onion and peppers, chopped; shake until the onion is soft, not brown; add the tomatoes, salt and pepper. Shirr the eggs as directed in a preceding recipe, either in individual dishes, two on a dish, or on a platter. When the eggs are ready to serve, put the sauce, by spoonfuls, around the edge of the dish.

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EGGS à la MARTIN

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
6 eggs
1 teaspoonful salt
1 saltspoonful pepper
4 tablespoonfuls grated cheese

Rub the butter and flour together, add the milk, stir until boiling, then add the salt and pepper. Put half of this sauce in the bottom of a granite or stoneware platter, break into it the six eggs, cover with the remaining half of the sauce, and sprinkle over the cheese; bake in a moderate oven until the eggs are set—about ten minutes.

EGG COQUELICOT

1 can pimientos
6 or 8 eggs
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper
8 rounds of toast

Trim the tops of the pimientos to make them even. Put these inside of custard or timbale cups. Break in each one egg, dust it lightly with salt and pepper, stand the cups in a baking-pan of boiling water and cook in the oven until the eggs are set. Allow one round of toast for each cup. While they are cooking, rub the butter and flour together; add the milk and stir until boiling, then add the salt and pepper; pour this into the bottom of a heated platter, loosen the pimientos from the edge of the cups, put a round of toast over the cup and turn out the contents. Stand the toast, on which you have turned the egg, in the cream sauce; dust, if you like, with a little chopped parsley and send to the table.

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EGGS à la SUZANNE

Bake as many potatoes as you have persons to serve and allow one egg for each potato. When the potatoes are done, cut a slice from the side of each, scoop out a portion of the potato, leaving a wall half an inch thick. Put the scooped out portion through a potato press, add sufficient hot milk to make it as soft as mashed potatoes; beat until light, add a palatable seasoning of salt and pepper and turn the mixture into the pastry bag. Break one egg into each potato, dust it lightly with salt and pepper, and press the potato from the pastry bag, through a star tube, around the edge of the baked potato, forming a border, leaving the yolk of the egg slightly exposed. Stand these in a baking pan and bake until the eggs are set. Serve plain, or put a tablespoonful of white sauce in the centre of each and garnish with a sprinkling of chopped parsley.

EGGS, HUNGARIAN STYLE

1 cup rice
2 tablespoonfuls butter
2 tablespoonfuls flour
6 eggs
½ pint vegetable stock or water
1 teaspoonful paprika
½ teaspoonful salt

Wash the rice, boil until tender, drain and dry. Arrange this in the form of a mound in the centre of a platter. Poach the eggs; lift them carefully and place them over the rice. Rub the butter and flour together; add the stock, or water, and paprika; stir until boiling; add the salt; pour this over the eggs and rice and send at once to the table.

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EGGS VIRGINIA

6 ears corn
½ cupful milk
½ cupful flour
½ teaspoonful salt
1 saltspoonful pepper
2 eggs

Grate the corn, add to it the flour, mix; add the milk and the yolks of the eggs; fold in the well-beaten whites and add the salt and pepper. Drop by spoonfuls in a little fat in a sauté pan. When brown on one side, turn and brown on the other. They should be about the size of the top of a large coffee cup. Drain, and arrange them on a platter. Put on top of each one or two poached eggs. Cover with white sauce and garnish the edge of the dish with nicely seasoned green peas. This dish gives a complete lunch.

EGGS CREOLE

2 tablespoonfuls butter
1 good-sized onion
4 peeled fresh tomatoes
1 green pepper
1 teaspoonful salt
6 eggs
1 cup rice

Wash and boil the rice. Put the butter in a saucepan, add the onion and pepper, chopped; shake until they are soft, not brown. Cut the tomatoes into halves and press out the seeds; then cut them in pieces; add them to the pepper and onion, cook fifteen minutes, and add the salt. Put the eggs into warm water, bring to boiling-point, and keep them at boiling-point for fifteen minutes. Remove the shells. Cut the eggs into slices and put them into a serving-dish, pour over the sauce; heap the rice at the ends or at the sides, and send to the table.

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CURRIED EGGS

3 good-sized onions
2 tablespoonfuls butter
1 tablespoonful flour
1 teaspoonful curry powder
1 saltspoonful ground ginger
½ teaspoonful salt
½ pint water
6 hard-boiled eggs

Put the butter in a saucepan, add the onions, cut into very thin slices; stand the saucepan over hot water and cook for twenty minutes; add the curry powder, ginger, salt and flour; mix and add the water; stir until boiling. Cut the eggs into thin slices; arrange them over a dish of carefully boiled rice on a hot platter; pour over the sauce and send to the table. This dish is made more attractive by a garnish of sweet peppers cut into strips. I should also serve with it a tomato salad, and baked or fried bananas.

EGGS BEAUREGARD

5 hard-boiled eggs
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper
5 slices toast

Remove the shells from the eggs, separate the whites and the yolks; put the yolks through a sieve and the whites through a vegetable press, or chop them very fine. Rub the butter and flour together, add the milk, stir until boiling. Add the salt and pepper and the whites of the eggs. Arrange the toast on a heated platter, pour over the sauce, dust the top with the yolks, stand the platter at the oven door a moment, and serve.

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EGGS JEFFERSON

6 smooth round tomatoes
6 eggs
3 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
6 slices bread
1 teaspoonful salt
1 saltspoonful pepper

Cut slices from the blossom ends of the tomatoes, scoop out the seeds and stand the tomatoes in a baking-pan in the oven until they are hot and soft—about fifteen minutes. Take from the fire and dust each with salt and pepper, break in each, one egg and put back in the oven until the eggs are set. While these are cooking, make the toast and arrange it on a platter. Rub two tablespoonfuls of the butter and the flour together, add the milk and stir until boiling; add the salt and pepper. When the tomatoes are done, divide the remaining butter into six bits; put a bit on the top of each tomato and stand them on the toast. Pour around the cream sauce and dust with chopped parsley.

EGGS au GRATIN

6 hard-boiled eggs
4 tablespoonfuls grated cheese
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
½ teaspoonful salt
A dash of red pepper

Rub the butter and flour together, add the milk and stir until boiling; add the salt. Remove the shells and cut the eggs into slices, crosswise. Put them in a shallow baking-dish and pour over the white sauce; sprinkle over the cheese, then a dusting of red pepper, and brown in a quick oven.

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EGGS à la TRIPE

1 large Spanish onion
8 hard-boiled eggs
2 tablespoonfuls butter
2 tablespoonfuls flour
¼ nutmeg, grated
½ teaspoonful salt
2 tablespoonfuls thick cream
Juice of 1 lemon
1 saltspoonful black pepper

Cut the onion into very thin slices; separate the slices into rings; cover with boiling water and boil rapidly ten minutes; then drain and throw away the water. Cover again with about a quart of fresh boiling water; boil until tender and transparent; drain, this time saving the water. Remove the shells from the eggs, cut into slices lengthwise; lay in the serving-dish with the onions. Rub the butter and flour together; add the nutmeg, the pepper and a half pint of the water in which the onions were boiled; stir until boiling, add the lemon juice and the cream. When thoroughly hot, pour it over the eggs, garnish with triangular pieces of toast, and serve at once.

EGGS à la SUISSE

Cover the bottom of a baking-dish with melted butter, break into it fresh eggs, cover the top with very thin slices of Swiss cheese, dust with salt and pepper. To each half dozen eggs, pour over a half cup of cream or milk, and bake in the oven until the eggs are set and the cheese melted.

EGGS à la DAUPHIN

8 hard-boiled eggs
4 tablespoonfuls butter
½ teaspoonful salt
¼ nutmeg, grated
1 raw egg
2 tablespoonfuls Parmesan
½ cup cream
½ cup sifted bread-crumbs
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk

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Remove the shells from six hard-boiled eggs; cut into halves, lengthwise; take out the yolks and press them through a sieve. Add the first butter, melted, the salt, nutmeg and Parmesan. Add the cream to the bread-crumbs; mix until smooth, add them to the yolk mixture, and the raw egg, well beaten. Put a layer of this in the bottom of a shallow baking-dish, fill the whites and arrange them in tiers or pyramids. Remove the shells from the two extra eggs; put one egg on top as a crown. Take the yolk from the other and rub it through a sieve; chop the white very fine. Pour the remaining quantity of the yolk mixture around the bottom of the dish. Cover with the chopped white and bake in a quick oven fifteen minutes. Take from the oven, cover with white sauce, garnish with triangular pieces of toast and the sifted yolk.

POACHED EGGS ON FRIED TOMATOES

Cut solid tomatoes into slices a quarter of an inch thick; dust them with salt and pepper; dip in beaten egg, then in bread-crumbs; fry in a little hot fat, browning on one side, then turning and browning on the other. While these are frying, poach one egg for each slice. Dish the tomatoes on a platter, trim the eggs, place each on a tomato, dust with salt and pepper, and send to the table.

SCRAMBLED EGGS

6 eggs
4 tablespoonfuls water
2 tablespoonfuls butter
½ teaspoonful salt
1 saltspoonful pepper

Beat the eggs slightly with a fork, add the water and seasoning. Put the butter in a shallow pan;

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when melted, add the eggs; stir with a spatula or fork, scraping them constantly from the bottom of the pan. Turn out at once on a heated platter; garnish with toast, and serve.

SCRAMBLED EGGS WITH LETTUCE

2 tablespoonfuls butter
2 tablespoonfuls minced onion
6 eggs
1 head lettuce
½ teaspoonful salt
1 saltspoonful pepper

Wash a good-sized head of lettuce and place it in boiling water; let it stand for about ten minutes; drain. Roll each leaf up and shred it as you would noodles; shake out the shreds. Put the butter and the onion in a frying-pan; shake until the onion is cooked. Beat the eggs without separating until they are well mixed, not light; add the salt, pepper and the lettuce. Turn the ingredients in with the butter and onion and stir with a fork until nicely cooked. Turn quickly to a heated dish. Garnish with triangular pieces of toast.

EGGS à la VALENCIENNE

1 cupful rice
½ pint strained tomatoes
2 tablespoonfuls butter
2 tablespoonfuls flour
½ can mushrooms
6 eggs
2 tablespoonfuls grated Parmesan
¼ nutmeg, grated
1 teaspoonful salt
1 saltspoonful pepper

Wash and boil the rice. Rub the butter and flour together, add the tomato and stir until boiling. Add the mushrooms, chopped very fine, salt, pepper and nutmeg. Stand this over hot water while you cook the eggs. Put two tablespoonfuls of butter in a

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platter, either silver, granite or stoneware; when hot, break in the eggs and stand in the oven until the eggs are set. Then heap the rice around the dish as a border, pour over the sauce, dust with cheese, and send at once to the table.

EGGS à la FINNOIS

2 tablespoonfuls butter
2 tablespoonfuls flour
2 green peppers
6 eggs
1 tablespoonful chopped chives
½ pint tomatoes

Rub the butter and flour together; add the tomatoes and the pepper, chopped very fine. Stand this over hot water for fifteen minutes. While this is standing, carefully poach the eggs. Toast six rounds of bread; put one egg on each slice of toast; pour around the sauce; dust thickly with the chives and send at once to the table.

EGGS à la GRETNA.

2 heads or roots celery
2 tablespoonfuls butter
2 tablespoonfuls flour
6 eggs
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper

Cut the celery into one-inch lengths; wash thoroughly; cover with boiling water and boil gently for thirty minutes until the celery is tender. Drain, saving the water in which it was cooked to use as vegetable stock, or as sauce for another dish. Rub the butter and flour together; add the milk; when boiling, add the celery, salt and pepper. Stand this over hot water while you poach the eggs. Toast

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six squares of bread; butter them and put on each an egg. Turn the celery in the middle of the dish; stand the eggs around. Serve very hot. Or the eggs may be dished on carefully boiled rice and the celery put around the edge of the dish.

EGGS à la BONNE FEMME

2 good-sized onions
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
6 eggs
1 teaspoonful salt
1 saltspoonful pepper
¼ nutmeg, grated

Separate the whites and the yolks of the eggs. Slice the onions; put them, with the butter, in a frying-pan and shake until the onions are soft. Then add the flour, mix, and add the milk, salt, pepper and nutmeg. Stand this where it will keep very hot while you beat the eggs. Beat the yolks until creamy, and the whites until very stiff. Mix the yolks with the cream sauce, then fold in the whites. Turn the mixture into a baking-dish and bake in a hot oven about fifteen minutes. Serve at once.

EGGS à la PAYSANNE

½ cup cream
6 eggs
½ teaspoonful salt
1 saltspoonful pepper

Pour the cream in the bottom of a baking-dish; break in the eggs, dust them with the salt and pepper. Stand the baking-dish in a pan of water and cook until the eggs are set. Be careful not to make them too hard. Serve in the same dish in which they are cooked.

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EGGS en PANADE

6 slices bread
1 tablespoonful chopped parsley
2 eggs
4 tablespoonfuls sweet cream
4 tablespoonfuls oil
½ teaspoonful salt
1 saltspoonful pepper

Trim the crusts from the bread. Break the eggs in a bowl, beat them until well mixed, add the cream, salt and pepper. Put the oil in a shallow pan. Dip the bread into the beaten egg, sauté quickly in the oil. When brown on one side, turn and brown the other. Send at once to the table. This may be served at lunch in the place of meat, or it may be served with a jelly sauce as dessert at dinner.

EGGS à l'AURORE

6 hard-boiled eggs
2 tablespoonfuls butter
Yolks of 3 raw eggs
½ pint white sauce
1 saltspoonful ground allspice
1 teaspoonful salt
1 saltspoonful pepper

Drop the eggs in warm water and bring to a boil; boil slowly fifteen minutes. Cool, remove the shells, separate the yolks and whites; put the yolks through a sieve, chop the whites very fine. Melt the butter and add it to the yolks; add the salt, pepper, allspice and the raw yolks, beaten. Rub until perfectly smooth. Add the chopped whites to the white sauce; stand it over hot water for ten minutes. Cover the bottom of a platter with squares of toast. Pour over the white sauce and cover it with the yolk mixture, smoothing it in the form of a pyramid. Cut squares of bread into triangles, dip in milk and put them around the dish. Bake in a hot oven five or six minutes.

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EGGS à la POLONAISE

9 eggs
2 tablespoonfuls butter
1 teaspoonful salt
1 tablespoonful chopped parsley
1 saltspoonful pepper

Hard-boil six of the eggs. When done, remove the shells, separate the whites from the yolks, cutting them in two lengthwise. Take out the yolks without breaking the whites. Put the yolks through a sieve into a bowl. Add the raw yolks of the remaining eggs; add the parsley, salt and pepper. Beat the whites of the raw eggs until very stiff, then add them to the yolks. Take a portion of this mixture and put it over the bottom of a small baking-dish; then fill the whites so that they are perfectly even. Put the whites together again as though they were whole eggs. Arrange them in the centre of the dish. If you have any yolk mixture left over, put it around the whites as a sort of extra border. Pour over a little clarified butter, dust with bread-crumbs, brown quickly in the oven, and serve in the dish in which it is cooked.

EGGS à la HYDE

6 eggs
½ can mushrooms
2 tablespoonfuls chopped parsley
1 small onion or shallot
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint water or cocoanut milk
½ cup sweet cream
1 teaspoonful salt
1 saltspoonful pepper

Hard-boil the eggs. Put the butter in a saucepan; add the onion or shallot, chopped; shake until it is soft, then add the mushrooms, chopped; then the flour and the water or cocoanut milk. When boiling, add the salt and pepper. Take from the fire

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and add the parsley. Cut the eggs into halves, remove the yolks, keeping the whites whole. Press the yolks through a sieve, add the cream, a half teaspoonful of salt, and a dash of cayenne. Mix thoroughly, and fill into the twelve halves of egg whites. Arrange these neatly on a stoneware or granite platter; pour over the sauce, put in the oven for about five minutes, and send to the table.

OMELETS

If you can make a plain omelet, any vegetable material or seasoning, according to the various recipes, are easily added. Do not attempt more than a six-egg omelet. If your family requires eight or ten eggs, make two omelets, turn them on a large platter, and garnish as directed. Use for the omelet a shallow, perfectly smooth frying-pan. If possible, keep this pan for omelets only.

PLAIN OMELET

Break six eggs into a bowl; give them twelve good vigorous beats; add six tablespoonfuls of warm water and a saltspoonful of pepper. Put two tablespoonfuls of butter into a frying-pan; when hot, pour in the eggs. Shake, turning the bottom over the top, if possible. In other words, keep the soft part going down underneath that which is cooked. Dust over a half teaspoonful of salt. With a limber knife, lift the edge, let the soft portion run underneath. When the omelet is set, fold over the half next to the handle, loosen the omelet thoroughly from the pan and turn it out on a heated dish.

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OMELET WITH PEAS

Make a plain omelet; turn it out on a good-sized platter; surround it with nicely cooked and seasoned green peas.

OMELET WITH ASPARAGUS TIPS

Cut asparagus tips two inches in length; throw them into boiling salted water; boil for three-quarters of an hour and drain. Make a white sauce. Make a six-egg plain omelet; turn out on a heated dish. Garnish the ends of the platter with the asparagus tips, pour over them the white sauce, and send to the table.

OMELET WITH FRESH TOMATOES

4 good-sized tomatoes
6 eggs
2 tablespoonfuls butter
6 tablespoonfuls water
½ teaspoonful salt
1 saltspoonful pepper

Peel the tomatoes, cut them into halves, press out the seeds, then cut into pieces. Put these, with half the butter, in a stewpan, cover and stew gently fifteen minutes; season with salt and pepper. Make a plain omelet with the six eggs and water and the remaining butter. Turn the omelet out on a heated platter, garnish the ends with the fresh cooked tomatoes, and send at once to the table.

SPANISH OMELET

1 green pepper
1 red pepper
1 onion
2 tablespoonfuls butter
6 mushrooms
6 eggs
6 tablespoonfuls water
1 tablespoonful salt
1 saltspoonful pepper

Put half the butter in a saucepan, add the onion chopped very fine, mushrooms and the red and green pepper; cover, cook slowly for twenty minutes. Make

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a plain omelet from the rest of the ingredients; turn this out on a heated dish, fill the ends of the dish or platter with the Spanish sauce, and send it to the table. This omelet can be made very handsome by saving a quarter of the green and red pepper, cutting it into fancy shapes to use as a garnish for the top of the omelet.

QUAKER OMELET

½ pint soft fine bread-crumbs
½ pint milk
4 eggs
½ teaspoonful salt
1 saltspoonful pepper

Beat the eggs until well mixed, without separating. Put the bread into the milk, let it stand a few moments, then add the eggs and beat with an egg beater until the bread is thoroughly blended; add the salt and pepper. Turn into two greased pie-plates, bake in a quick oven until set and jelly-like. Serve in the dishes in which it is baked.

CHEESE OMELET

6 eggs
2 tablespoonfuls grated cheese
½ teaspoonful salt
1 saltspoonful pepper

Beat the eggs without separating until well mixed; add the cheese, salt and pepper. Finish the same as a plain omelet. Turn this out on a heated dish and send at once to the table.

A MEXICAN OMELET

6 eggs
3 roots salsify
1 red pepper
1 green pepper
½ teaspoonful salt
4 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
¼ nutmeg, grated
2 whole tomatoes

Put two tablespoonfuls of the butter in a saucepan; add the peppers chopped very fine. Shake until the peppers are soft. Peel the tomatoes; cut them into

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halves, squeeze out the seeds, cut the flesh into small bits. Cook with the peppers for just a moment and add the salt. The salsify should be boiled until tender; when cold cut into thin slices. Rub the remaining quantity of butter and flour together, add the milk; when boiling, add the salsify. Add a half teaspoonful of salt and a saltspoonful of pepper. Stand this over hot water while you make the omelet. Break the eggs without separating, beat them two minutes, by time. Make into a plain omelet according to directions, but before folding one half over the other, put in two tablespoonfuls of the tomato mixture, fold the omelet over, and turn it out on a platter. Pour around the white sauce and salsify. Garnish the ends of the dish with the remaining quantity of Mexican sauce. Send to the table.

OMELET WITH FINE HERBS

6 eggs
1 tablespoonful chopped parsley
½ tablespoonful chopped tarragon
2 tablespoonfuls butter
½ tablespoonful chopped chives
½ cupful, or 6 tablespoonfuls sweet cream
½ teaspoonful salt
A dash of pepper

Break the eggs in a bowl; add the cream, and all the ingredients, except the butter; put the butter in your omelet or sauté-pan; when melted and hot, pour in the eggs. Shake to keep the mixture loose from the bottom of the pan. With a limber knife, lift the edge, allowing the soft portion to run underneath. So continue, until the omelet is set, constantly shaking the pan to keep it loose. Fold one half over the other and turn out on to a heated dish.

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SAUCES

All the ordinary sauces are very easily made, if one will adhere strictly to the measurements and directions for putting them together. I will repeat that all measurements here are level, and it requires two level tablespoonfuls of flour to properly thicken each half pint of liquid. Sauces should not be boiled any length of time, or the butter will separate, making a greasy sauce. When directions tell you to bring them just to boiling-point, it means to take them from the fire the moment they boil. Disobedience to rules, or carelessness, always produces bad results.

A small gravy strainer should be kept near the stove, or in the table drawer, to be used only for straining sauces. It is wise to train your cook, or make it a rule for yourself, to always strain a sauce. It is sure then to be smooth.

WHITE OR CREAM SAUCE

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the milk, cold. Stand the saucepan over the fire and stir continually until it reaches the boiling-point; take from the fire, and add the salt and pepper. Strain.

Cheese sauce is made according to this rule, adding at last six tablespoonfuls of grated cheese.

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TOMATO SAUCE

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint strained tomatoes
1 teaspoonful grated onion
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the tomatoes; stir until boiling; take from the fire and add the seasonings. The onion may be omitted if not liked.

CREAM OF TOMATO SAUCE

Make precisely the same as plain tomato sauce, adding two tablespoonfuls of cream after the sauce has been taken from the fire.

SAUCE BÉCHAMEL

2 tablespoonfuls butter
1 tablespoonful flour
Yolks of 2 eggs
½ pint milk
1 teaspoonful onion juice
1 bay leaf
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the milk; stir until boiling. Add the salt, pepper, onion juice, bay leaf, and at the last the yolks of the eggs, well beaten. Reheat carefully, but do not boil or it will curdle. Strain.

PLAIN DRAWN BUTTER

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint boiling water
1 tablespoonful vinegar or lemon juice
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the boiling water; stir until boiling; then take from the fire and add the seasonings. This is a nice sauce to serve with boiled cucumbers, asparagus or summer squash.

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ENGLISH DRAWN BUTTER

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint boiling water
Juice of half a lemon
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the boiling water and bring to boiling-point; take from the fire, add the lemon juice, an extra spoonful of butter and the seasoning.

SAUCE HOLLANDAISE, No. 1

4 tablespoonfuls butter
2 tablespoonfuls flour
½ pint boiling water
4 tablespoonfuls vinegar
1 slice onion
1 bay leaf
1 saltspoonful celery seed
Yolks of 2 eggs
½ teaspoonful salt
½ saltspoonful pepper

Put the vinegar, the onion, celery seed, bay leaf and pepper into a small saucepan. Let it boil until reduced one-half; strain and stand it away to cool. Rub two tablespoonfuls of the butter and the flour together; add the boiling water and stir over the fire until it thoroughly boils. Take from the fire; add the yolks of the eggs, beaten; reheat, being careful not to curdle. Take again from the fire and add the remaining quantity of butter cut up into bits. Stir this carefully to prevent the butter from becoming oily; add the vinegar and strain at once into a sauceboat. This is usually served warm, not hot.

SAUCE HOLLANDAISE, No. 2

Yolks of 4 eggs
½ pound clarified butter
½ teaspoonful salt
1 tablespoonful tarragon vinegar
A dash of cayenne

Put the butter in a double boiler; when thoroughly heated, skim, and pour off the very clear portion. Beat the yolks of the eggs in a saucepan; stand this

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in a pan of hot water; add the butter, a tablespoonful at a time, beating all the while. When the sauce is thick, like mayonnaise dressing, add the salt, cayenne and vinegar. Strain at once through a fine sieve into the sauceboat. This sauce cannot be reheated, and is served warm, not hot.

BROWN SAUCE

2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint stock
1 teaspoonful onion juice
1 tablespoonful kitchen bouquet
½ teaspoonful salt
½ saltspoonful pepper

Rub the butter and flour together; add the stock and stir until boiling. Add all the other ingredients; strain, and it is ready to use.

CANNED MUSHROOM SAUCE

Add one can of mushrooms to a half pint of water or stock; cook them slowly twenty minutes. Rub together two tablespoonfuls of butter and two tablespoonfuls of flour; add the mushrooms and water, a half teaspoonful of salt and a half saltspoonful of pepper. Bring this to boiling-point, and serve. If the water has evaporated on the mushrooms, and the sauce is too thick, add a little stock or water enough to make up the half pint. Color with kitchen bouquet.

FRESH MUSHROOM SAUCE

½ pound fresh mushrooms
½ pint milk
2 tablespoonfuls butter
1 tablespoonful flour
½ teaspoonful salt
½ saltspoonful pepper

Wash the mushrooms and remove the stems, but do not peel them; cut into thin slices; put them with the butter into a saucepan; cover closely and

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cook twenty minutes, then add the milk, the salt and pepper. Moisten the flour with a little cold milk; add it to the mushrooms; bring to boiling-point, and it is ready to serve. This is an exceedingly nice sauce to serve with omelet, with boiled egg-plant, or with any of the various nut dishes.

SPANISH PEPPER SAUCE

4 green peppers
2 tablespoonfuls butter
½ teaspoonful salt
½ cupful water

Wash, take out the seeds and cut the peppers into rings or strips. Put the butter in a saucepan; when hot put in the peppers, cover and cook over a slow fire ten minutes. Add the salt and water, cover and cook twenty minutes more. Serve on mock tenderloin steak, or other mock meat.

HORSERADISH SAUCE

1 good-sized horseradish
½ pint soft bread-crumbs
1 pint milk
1 onion
1 tablespoonful butter
½ teaspoonful salt

Scrape and throw the horseradish into cold water for half an hour, then grate it. Put the milk in a double boiler; add the bread-crumbs, the onion grated, and the horseradish. Cook fifteen minutes, stirring occasionally, then add the salt and butter. This may be served with bean or pea croquettes, or with pea pudding.

SAUCE VINAIGRETTE

Chop two olives, one gherkin, and one small onion; add them to a half cupful of tarragon vinegar. Boil a moment, take from the fire, add one tablespoonful of capers or chopped pickled nasturtiums, one of chopped parsley and one teaspoonful of vinegar.

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A GROUP OF STARCHY VEGETABLES

Rice	Italian pastes, as
Potatoes	macaroni and spaghetti
Chestnuts	Tapioca
Hominy	Sago
Hominy grits	Cassava
Sweet potatoes	Arrowroot
Yams	Cornstarch

In this group I have purposely placed such manufactured articles as tapioca, arrowroot and sago, because they must be reckoned as carbohydrates in bills of fare.

Starchy vegetables belong to the *carbohydrates* —heat, energy and fat producers. Cooking is absolutely necessary to make them easy of digestion. Mastication not only breaks them apart, but the *ptyalin* (an *enzym*), under the influence of the saliva, an alkaline secretion, begins the conversion of the starches into sugar. The digestion is finished in the small intestine.

All starches in their final digestion are converted into sugars.

RICE

(*Oryza sativa,* Linn.)

Rice belongs to the great order of grasses. The seeds of many are called cereals. Rice is both a cereal and a vegetable in cooking parlance. It is

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very rich in starch, contains a small amount of proteid, a trace of fat and some mineral matter. Many of the East Indian varieties contain a considerable amount of nitrogenous material, which makes it possible for the poor of that country to subsist on a diet composed chiefly of rice. In many countries rice is used just as it is husked, without polishing. In America, all the rice is highly polished. In this way the rice loses a large amount of nitrogen but very little starch.

Rice is the most easily digested of all starchy foods. It contains four times as much nourishment as an equal weight of potatoes. It is readily absorbed and leaves little or no waste in the intestines. It is the most desirable starchy food, both from a nutritive and money standpoint. When served with milk, eggs or nitrogenous nuts, it forms a well-balanced meal.

COMPOSITION OF DRY RICE (Church)

Water	14.6
Albuminoids, etc.	7.5
Starch, etc.	76.0
Fat	0.5
Cellulose	0.9
Mineral matter	0.5

COMPOSITION OF BOILED RICE (Hutchinson)

Water	52.7
Proteid	5.0
Fat	0.1
Carbohydrates	41.9
Mineral matter	0.3

TO BOIL RICE

Wash the rice through several cold waters. Let it soak in the last water fifteen or twenty minutes.

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Have ready a large kettle partly filled with rapidly boiling water. Sprinkle in the rice slowly, so as not to stop the boiling. Boil rapidly, in an uncovered vessel, twenty minutes. If the rice seems hard at the end of twenty minutes, boil it ten minutes longer. It must be dry and mealy like a potato, not wet. Drain it in a colander; pour over it quickly a quart of cold water; stand the colander on a plate and with a fork toss the rice from the centre to the sides; stand it on the back of the stove or at the oven door where the heat will pass through and dry the rice. Turn it at once into a shallow dish or platter, tossing it out with a fork, being very careful not to break the grains.

If this recipe is carefully followed each grain will have swollen four times its natural size and no two grains will be sticking together. It should be as white as snow.

Plain boiled rice is served as a starchy accompaniment to baked beans, peas pudding, stewed lentils, nut rolls, and as a foundation for many egg dishes. It is served with sugar and milk or cream as a dessert or breakfast cereal.

RICE CROQUETTES

½ pint rice
1 quart milk
Yolks of 4 eggs
1 tablespoonful chopped parsley
1 teaspoonful salt
1 saltspoonful pepper

Wash the rice, put it in a double boiler with the milk; boil until the milk has been absorbed by the rice; add the yolks of the eggs, beaten, and the parsley, salt and pepper; mix and turn out to cool.

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When cool, beat an egg without separating; add a tablespoonful of water. Form the croquettes into pyramids or cylinders, dip them in the beaten egg, roll them in bread-crumbs, and fry in hot oil (360° Fahr.) until brown. If eggs are expensive and scarce, the white of one egg may be beaten with a tablespoonful of water and used for dipping, instead of an extra egg.

These croquettes have meat value. They may be served plain or with cream or tomato sauce.

POTATOES

(*Solanum tuberosum,* Linn.)

Potatoes, when carefully cooked, constitute a wholesome, easily digested, starchy food. They cannot be depended upon in any way as a complete food, but act as a diluent to such nitrogenous foods as nuts, peas, beans and lentils. The food value and digestibility depends upon the method of cooking. Baked or boiled, carefully, they are more easily digested than white bread or hominy. When fried or mashed and patted down with melted butter they are less digestible. In frying, the outside crust is hardened in the hot fat, which hinders the digestion secretion of the mouth from acting upon the starch grains.

Potatoes belong to the *carbohydrates,* or heat, fat and energy producing foods. They are digested in the mouth and small intestine. Unless well masticated the small intestine must do the work alone.

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The flavor of the potato is due to a mineral matter. The starchy or nutritious part of the potato lies near the skin; hence the necessity of a thin paring.

Full-grown potatoes are best. Very young and very old potatoes are sometimes not worth the cooking. The potato is a swollen underground stem, the storehouse for the nourishment of the young plant; hence, in the spring when the potato sprouts it does so at the expense of the starch; the skin becomes loose; the flesh of the potato shrinks, and a large part of the nourishment is lost. Old potatoes should be carefully peeled and soaked in cold water at least thirty minutes before cooking.

PLAIN BOILED POTATOES

Peel the potatoes, taking off a very thin peeling. Throw them into cold water for half an hour, then drop into a kettle of boiling, unsalted water; boil until you can pierce them to the centre with a fork. Drain perfectly dry; stand them in a kettle over the fire; sprinkle lightly with salt and shake until they are white and dry. Turn at once into a heated dish; send to the table uncovered.

POTATOES BOILED IN THEIR JACKETS

Scrub the potatoes thoroughly; rinse them; soak in cold water for half an hour. Then boil precisely the same as directed in preceding recipe. Potatoes in jackets may have a peeling taken off the entire round of the potato, lengthwise. In this way a portion of the salts are lost.

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MASHED POTATOES

After the potatoes are boiled and dry, put them through a vegetable press into a hot bowl or another saucepan. To each quart of mashed potatoes (these need not be measured, you can tell by the eye) add a half cup of scalding milk. Beat over the fire until they are light and white. Heap at once into a heated dish. Do not pack them down, and do not cover the dish.

POTATO CROQUETTES

1 pint mashed potatoes
Yolks of 2 eggs
1 tablespoonful chopped parsley
1 teaspoonful onion juice
1 teaspoonful salt
1 saltspoonful pepper
¼ nutmeg, grated

Add all the ingredients to the mashed potatoes; mix; form into cylinders; dip into beaten egg, roll in bread-crumbs; fry in hot fat. The fat for potato croquettes must be at least 360° Fahr. or the potato will swell and crack the covering. Instead of being dry they will be greasy.

BOULETTES POTATOES

1 pint mashed potatoes
1 teaspoonful summer savory or thyme
1 teaspoonful salt
Yolks of 2 eggs
1 teaspoonful onion juice
¼ nutmeg, grated
A dash of red pepper

Add all the ingredients to the mashed potatoes; form into small balls a little larger than an English walnut; dip them in egg, and roll in bread-crumbs; fry in hot fat. These are very nice to use as a garnish for mock fish; also a nice accompaniment to baked beans.

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POTATO PUFF

1 pint mashed potatoes
Whites of 2 eggs
½ cup hot milk
1 saltspoonful pepper

If the potatoes are cold, put into a saucepan with the milk and pepper and stir until they are hot; then fold in the whites of the eggs, well beaten. Turn this into a baking-dish and bake until a golden brown, about fifteen minutes.

BAKED POTATOES

Select potatoes of even size, scrub and soak them in cold water for half an hour; put into a moderately hot oven and bake until they are soft to the very centre. Do not pierce them with a fork, but after they have been baking half an hour take one in your hand in a towel, press it carefully without breaking the skin; if it feels soft to the centre, it is done. Take each potato carefully in your hand in a towel and work it inside the skin until it is thoroughly mashed. Dish on a napkin and send at once to the table.

STUFFED POTATOES

Bake the potatoes according to the preceding recipe. Cut a slice from the side of each potato; scoop out the cooked potato; put it through a vegetable press; add a little milk, salt and pepper, and beat until light and white. Put this mixture into the skin, stand in a baking-pan and bake until a nice brown.

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POTATOES en SURPRISE

1 pint or 1 can green peas
8 good-sized potatoes
1 tablespoonful butter
½ cup milk
1 teaspoonful salt
1 saltspoonful pepper

If the peas are fresh, cook them until tender; add the butter and half the salt and pepper. Bake the potatoes; cut a slice from one end; scoop out the shell carefully, leaving a wall about a half inch thick. Mash the potato; add the milk and the remainder of the seasoning; beat until light. Put a portion of this into the shell, leaving a well in the centre. Into this well put the peas. Cover over with sufficient mashed potato to fill the skin. Put on the cap or slice that you cut from the end; fasten it with a wooden toothpick or skewer; put in a baking-pan and bake fifteen minutes, until thoroughly heated. Serve on a folded napkin.

STEAMED POTATOES

Peel the potatoes and soak in cold water for thirty minutes; put them in a steamer over boiling water, keep the water boiling continuously until you can pierce the potatoes to the very centre—thirty-five minutes. Serve in an uncovered dish.

POTATOES O'BRIEN

4 potatoes
½ green sweet pepper
½ teaspoonful salt
2 tablespoonfuls butter

Remove the seeds from the pepper and chop the flesh very very fine. Chop and add the potatoes and the salt. Put the butter in a shallow frying-pan; when hot, put in the potatoes. As soon as

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they begin to brown, stir them up, and so continue until the potatoes are nicely browned; then press to one side of the pan, cook a moment, turn out on a heated dish, and send to the table.

SWELLED POTATOES

Peel four good-sized potatoes; cut into very thin slices lengthwise. Cut off the ends, giving them a square appearance. Throw into cold water for half an hour, then drain and dry on a towel. Put a portion into the frying-basket; put them down into the fat at a temperature of 240° Fahr. Shake them until they are half cooked, not brown; drain them; throw them in a pan that has been lined with paper. Continue the frying. When you are ready to serve the potatoes, put a few back into the frying-basket and plunge them down into the very hot fat—about 350° to 360° Fahr. They will at once swell. Drain them in a colander, dust with salt, and continue until you have the desired quantity.

FRENCH FRIED POTATOES

Cut raw potatoes into eighths lengthwise and proceed the same as for swelled potatoes.

POTATOES PROVENCAL

4 tablespoonfuls olive oil
1 onion
1 clove garlic
6 medium-sized potatoes
1 tablespoonful chopped parsley
½ teaspoonful salt
1 saltspoonful pepper

Pare the potatoes; cut into halves, into quarters and eighths, lengthwise. Chop the onion; put it, with the oil, in a baking-dish; stand it on top of the

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fire until very hot. Throw in the potatoes; add the salt and pepper; shake and stir until the potatoes are covered with the oil. Chop the garlic very fine and sprinkle it over the top. Cover the baking-dish and bake in the oven until the potatoes are tender. Dust with the chopped parsley and send to the table. These may be cooked over a slow fire instead of being placed in the oven.

LYONNAISE POTATOES

4 cold boiled potatoes
2 tablespoonfuls chopped onion
2 tablespoonfuls butter
1 tablespoonful chopped parsley
½ teaspoonful salt
½ saltspoonful pepper

Cut the potatoes into dice. Put the butter in a shallow frying-pan; add the onion. Shake until the onion is slightly brown, and add the potatoes. Shake over a quick fire until the potatoes are slightly browned. Turn at once into a heated dish; dust with the parsley, salt and pepper. If there is any butter left in the pan, be careful to keep it there; do not pour it over the potatoes.

GERMAN FRIED POTATOES

Cut cold boiled potatoes into slices a half inch thick, lengthwise, and each slice into squares of an inch; or, if you like, you may stamp them out with the round top of a pastry tube or an ordinary small, round cutter. Put them into the frying-basket, plunge into hot fat—temperature about 360° Fahr. When they are nicely browned, drain, dust with salt and pepper. Serve on a heated dish.

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GRILLED POTATOES

Cut cold boiled white or sweet potatoes into slices, lengthwise; trim them neatly; brush with melted butter; dust with salt and pepper; broil over a clear fire until nicely browned on one side; turn the broiler and brown them on the other side. Serve on a small heated platter.

SWEET POTATO

(*Ipomæa Batatas*, Lamarck)

The sweet potato is very different in every way from our common white potato. It is not so nutritious, nor easily digested. It contains less starch and more sugar, gum, dextrin and pectose. It requires more care in cooking. If the skin is cut or broken before boiling, it absorbs water, and becomes moist, solid and indigestible. All varieties of sweet potatoes may be cooked after the same rules. Those grown in the far South contain a little more sugar and less starch than those grown in the North; for this reason they are best panned in the oven. They are good baked, but pasty and heavy when boiled.

BOILED SWEET POTATOES

Scrub the sweets, being careful not to break the skin. Soak them for twenty minutes in cold water. Drop them in a kettle of boiling water, and boil slowly until you can pierce them to the centre. They must not be very soft. Drain them, put them in a baking-pan and then in a hot oven for ten or fifteen minutes to dry. Peel quickly and serve in a hot uncovered dish.

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BROWNED SWEET POTATOES

Cut hot boiled, peeled, sweet potatoes into halves. Put them in a baking-pan, flat side down. Baste them with melted butter, dust thickly with sugar, and brown quickly in a hot oven.

PANNED IN THE OVEN

Cut underdone boiled, peeled sweet potatoes in slices crosswise. Put a layer of these, half inch slices, in a baking-dish; sprinkle over two tablespoonfuls of sugar, then another layer of potatoes, and then sugar. Add a half cupful of boiling water, cover the dish and bake in a hot oven half an hour, or until soft and transparent. Serve in the baking-dish.

SWEET POTATO PUFF

Scoop the centres from six good-sized baked potatoes. Mash or put them through a vegetable press, add a tablespoonful of butter, a teaspoonful of salt; beat over hot water until they are light. Fill the skins or shells and bake fifteen in a hot oven. For luncheon, chopped nuts or hard-boiled eggs may be added and the mixture baked in a dish.

SWEET POTATO CROQUETTES

Proceed as in "puff." When the mixture is light, form into cylinders, dip in egg, roll in bread-crumbs and fry in hot, deep fat.

GRILLED SWEET POTATOES

Cut cold boiled sweet potatoes into slices a quarter of an inch thick. Brush each slice on both sides with

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butter; place them in a wire broiler, and broil them over a clear fire, or under the oven jets in a gas stove; when brown on one side turn and brown the other. Dish on a hot platter; dust with salt and pepper, and serve at once.

FRENCH FRIED SWEETS

Pare and cut raw sweet potatoes into slices of a quarter of an inch, lengthwise. Have two pans of deep fat, or fry them in a pan of cool fat first, then heat it and refry them. Put a few at a time in the frying basket, put them down into the cool fat (240° Fahr.) and cook them until the edges begin to brown; turn them out on a soft paper until you have them all fried. When ready to serve, heat the fat to 300° Fahr. and refry a few at a time. If correctly done they will be dry and light, puffed.

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THE GREEN OR SUCCULENT GROUP OF VEGETABLES

GLOBE OR FRENCH ARTICHOKES

(*Cynara scolymus*, Linn.)

To Boil Artichokes.—I shall give general directions for the boiling of artichokes, which will answer for the first preparation for all the artichoke recipes. One artichoke should be allowed to each person. The large French artichokes should be soaked in water over night before boiling. The smaller ones, which come from New Orleans, should be soaked for several hours, and even then they are not nearly so good as the imported French artichokes.

After they have been soaked, put them into boiling water; boil rapidly for five minutes; drain. Square the tops, that is, take a sharp knife and cut the tops perfectly square, two inches from the base; then slightly trim the bottoms. Tie a string around each artichoke to keep it in shape, throw into a kettle of boiling salted water and boil rapidly for a few minutes, then slowly for one hour until the leaves are tender. Please understand that the water must be boiling, but not rapidly. A tablespoonful of powdered charcoal put into the water gives them a brilliant green color. When the leaves are tender, lift each artichoke carefully with the skimmer, turning it upside down to drain.

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To serve these plain boiled, arrange them on a napkin on a heated platter. Serve one to each individual. Pass with them sauce Hollandaise. If served from a side table, put two tablespoonfuls of sauce Hollandaise on the same plate.

To eat, strip off the outside leaves one at a time; hold them with the finger and thumb by the top of the leaf; dip the bottom into the sauce, and, with the teeth, strip off the soft portion. Put the leaves on the side of the plate. When all the leaves have been taken off, remove the fuzzy portion of the "choke." Eat the bottom with a fork, dipping each piece into the sauce before putting it in the mouth.

ARTICHOKES WITH SAUCE VINAIGRETTE

Boil the artichokes as directed. When done, open each artichoke carefully and, with a spoon, remove the fuzzy centre. Put into each two tablespoonfuls of sauce vinaigrette. Dish them immediately on individual dishes, and send at once to the table.

ARTICHOKES à la DUXELLE

3 artichokes
2 tablespoonfuls butter
1 small onion or 2 shallots
1 clove garlic
½ can mushrooms
2 tablespoonfuls chopped parsley

Boil the artichokes, open them, and remove the fuzzy part. Put the butter in a sauté-pan, add the onion, chopped; shake until the onion is soft, not brown; add the garlic, mashed, the mushrooms, chopped. When this is very hot, add a half cup of nut milk with a little salt and pepper. Stand the

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artichokes in a baking-dish, fill them with the mixture and stand in the oven until thoroughly hot. Send at once to the table.

JERUSALEM ARTICHOKES

(*Helianthus tuberosus,* Linn.)

These are the tubers of Italian sunflowers which grow wild in almost all parts of the United States and Canada. They are entirely different from the true artichoke. The name is no doubt a corruption of the Italian word meaning artichoke. They do not contain starch and only a trace of sugar, but are fairly rich in carbohydrates of the gum series.

JERUSALEM ARTICHOKES, BOILED, WITH CREAM SAUCE

Scrape the artichokes and throw at once into cold water to prevent discoloration. When ready to cook, cut into slices a half inch thick; put into a saucepan, cover with boiling water and boil twenty minutes, or until the artichokes are done, but not soft. Drain, turn them at once into a heated dish, and cover with white sauce.

JERUSALEM ARTICHOKES WITH BROWN SAUCE

1 dozen artichokes
2 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful onion juice
1 saltspoonful pepper
½ pint water or vegetable stock
1 teaspoonful browning, or kitchen bouquet
1 teaspoonful salt

Pare the artichokes; boil as directed in preceding recipe. Put the butter in a saucepan; add the flour;

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mix; add the stock or water; stir until boiling; add the salt, onion juice and pepper; then the browning. Add the artichokes and stand over hot water for ten minutes and send to the table.

JERUSALEM ARTICHOKES à la VINAIGRETTE

6 artichokes
2 hard-boiled eggs
4 tablespoonfuls vinegar
2 tablespoonfuls oil
1 chopped gherkin
2 chopped olives
1 tablespoonful capers
½ teaspoonful salt
1 saltspoonful pepper

Peel and boil the artichokes for fifteen minutes; drain and throw at once into cold water; when cold, drain again. Arrange neatly on a cold platter; garnish with lettuce leaves. Remove the shells from the eggs and chop very fine. Add to them all the other ingredients; mix; pour the sauce over the artichokes and send at once to the table.

ASPARAGUS

(*Asparagus officinalis*, Linn.)

Asparagus belongs to the lily family. We know very little about its food value. Served plain boiled, with English drawn butter, it may be considered simply as a succulent vegetable.

BOILED ASPARAGUS

Wash and pare each shoot of asparagus, cutting off the tough end, or butt. When you have finished, throw the asparagus into cold water for thirty minutes. Tie in small bundles and put them straight into a kettle of boiling salted water allowing a teaspoonful of salt to each quart of water. Boil for thirty

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minutes. While the asparagus is boiling, toast four slices of bread, trimming the crusts. Rub together two tablespoonfuls of butter and two tablespoonfuls of flour; add a half pint of the water in which the asparagus was boiled; stir until the sauce boils; add a quarter of a teaspoonful of salt and a half saltspoonful of pepper; add the juice of half a lemon and strain the sauce into a heated sauceboat. Lift and drain the asparagus and arrange it crosswise on the toast on a platter, having the heads all one way. Send at once to the table. Asparagus may be boiled and served with sauce Hollandaise or English drawn butter.

ASPARAGUS TIPS

1 bundle asparagus
2 tablespoonfuls butter
1 teaspoonful salt
1 saltspoonful pepper

Cut the tips in two-inch lengths, reserving the butts for cream of asparagus soup. Wash the tips and cut into small pieces not much larger than a marrowfat pea. Make at least four pieces from each two-inch length. Throw these into boiling salted water; boil a half hour; drain perfectly dry; turn at once into a heated dish; pour over the butter, melted and mixed with the salt and pepper. These are nice to serve with mock turkey, or make a nice accompaniment to bean croquettes.

STEWED ASPARAGUS

Wash, peel and cut into one-inch lengths a bundle of asparagus; do not use, of course, the butt ends.

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Soak these in cold water for a half hour; drain and throw into a kettle of boiling salted water; boil slowly thirty minutes; drain again in a colander. Return them to the kettle; dust with a half teaspoonful of salt, a saltspoonful of pepper and a tablespoonful of flour. Shake carefully and add a half pint of cream, or a half pint of milk and one tablespoonful of butter; bring to boiling-point; pour into a large vegetable dish, and send at once to the table. This dish may be garnished over the top with little squares of toasted bread, or, if served in a shallow, round dish, garnish the entire edge of the dish with triangular pieces of toast.

ASPARAGUS IN A BREAD-BOAT

1 bundle asparagus
1 pint milk
1 tablespoonful butter
1 stale loaf Vienna bread
Yolks of 6 eggs
1 teaspoonful salt
1 saltspoonful pepper

Wash the asparagus; soak it in cold water for a half hour; cut it into lengths of a half inch, using the very tender portions only, saving the butts for soup. Throw the tender parts into salted boiling water; boil thirty minutes, and drain. Shave the crust off the loaf of bread and cut the loaf either perfectly square or in the shape of a boat, hollowing out the centre sufficiently large to hold the asparagus. Brush the entire loaf with melted butter and stand it in a quick oven to brown. Put the milk in a double boiler. Beat the yolks of the eggs until creamy; add carefully the hot milk, returning the mixture to the double boiler; stir over the fire

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just a moment until it is sufficiently thick to coat a knife-blade. Dip a silver knife-blade into it; if the custard sticks to the blade, take it from the fire. Add the butter, cut into pieces; salt and pepper. Put the asparagus into the bread-boat, pour over the sauce. Stand the boat on a folded napkin on a platter and send at once to the table.

BREADED ASPARAGUS

1 bundle asparagus
2 tablespoonfuls butter
2 tablespoonfuls flour
1 pint milk
½ pint bread-crumbs
4 eggs
1 teaspoonful salt
1 saltspoonful pepper

Peel and cut the asparagus into one-inch lengths; throw them into cold water for a half hour; then into boiling salted water and boil for thirty minutes. Rub the butter and flour together; add the milk; stir until boiling; add the salt and pepper. Hard-boil the eggs; chop fine, and add them to the sauce. Put a layer of asparagus into the bottom of a baking-dish, then a layer of sauce, then a sprinkling of bread-crumbs, and so continue until the ingredients are used, having the last layer of crumbs. Bake in a quick oven until a golden brown —about twenty minutes.

This dish takes the place of meat and may be served at either dinner, luncheon or supper. An easy way is to boil two bundles of asparagus, having one served plain with sauce Hollandaise one day, and the other breaded for dinner or supper the next day.

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BEANS

STEWED GREEN LIMA BEANS

Throw the beans into boiling unsalted water; boil half an hour; drain and empty on a platter. Slip each bean out of its hull, the same as you would slip an almond from its skin. Put them back into a double boiler with sufficient water, milk or cocoanut milk to cover. Simmer gently twenty minutes. Season with salt, pepper and butter and serve.

BAKED LIMA BEANS

Wash fresh lima beans; boil until tender; slip out of the skin as directed in preceding recipe; cover with fresh water, boil until tender and press them through a colander. Add an equal quantity of mashed potatoes; beat until light; add a tablespoonful of butter, a half cup of hot milk, salt and pepper. Turn this into a baking-dish and brown in the oven.

STRING BEANS

String the beans and then cut them crosswise into very short lengths, or cut them in three pieces lengthwise. Drop into cold water for half an hour; drain and throw into boiling salted water; boil forty minutes. Drain again. Add a half teaspoonful of salt, a dash of pepper, and a tablespoonful of butter. Serve in a heated dish, uncovered.

STRING BEANS WITH CREAM

Boil precisely the same as in preceding recipe. Add to them, when done, a half cup of cream with the salt and pepper.

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BEETS

(*Beta vulgaris*, Linn.)

Beets contain sugar but no starch, and being the roots of plants are quite dense and woody. They are very indigestible uncooked. When cooked and served simply, they form an appetizing and a good waste food.

TO BOIL BEETS

Wash young, tender beets thoroughly; remove the tops. Immerse in cold water for half an hour; then put them into boiling unsalted water. Cook until you can easily pierce to the centre with a fork—about one hour. Drain quickly, cover with cold water. Drain again. Slip off the skins and slice the beets into the saucepan. Add a half teaspoonful of salt, a tablespoonful of sugar, a tablespoonful of butter and a dash of pepper. Shake over the fire until smoking hot. Serve in an uncovered dish.

STEWED BEETS

Boil the beets according to the preceding recipe. When done, skin and cut the beets into dice. Put them back into the saucepan with a pint of water. Let them stew fifteen minutes. Add one level tablespoonful of cornstarch moistened in a little cold water. Let this boil a moment; add a half teaspoonful of salt, a saltspoonful of pepper and one tablespoonful of butter. Serve in a heated dish.

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BEETS à la RORER

Select uniform good-sized new beets. Wash and boil until about half done. Slip off the skins. Cut a slice from the root end, just enough to make them stand. Cut a thick slice from the leaf end, and with a vegetable scoop dig out the centre of the beet, leaving a wall a half inch thick. Stand them in a baking pan, with a little water, in the oven. Have ready for each six beets a pint of nicely seasoned and carefully cooked green peas, or you may use one can of peas. When ready to serve, dish the beets on a platter, fill with the peas, garnish the dish with sprigs of parsley and send to the table.

PICKLED BEETS

Plain boiled beets may be cut into slices, put into a jar, covered with vinegar, and used as a garnish. These are exceedingly nice for potato, cabbage, or string bean salad. They are, however, rather indigestible when eaten alone. Old beets may be used for pickling.

CABBAGE

Under this heading we shall consider all the varieties of the single species *Brassica oleracea,* Linn., cabbage, cauliflower, Brussels sprouts and kale. All these plants contain a volatile material, rich in hydrogen and sulphur, which is driven off by careless cooking and also by overcooking. The odor is unpleasant and very penetrating, yet it can be entirely avoided by careful cooking.

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Cabbage is a waste food, principally digested in the small intestine, and more easily digested raw than when overboiled. If carefully cooked in salted water it is, however, quite readily digested.

A hard winter cabbage makes an excellent salad when served with French dressing.

BOILED CABBAGE

Trim off the outer leaves, cut the cabbage into halves, and, if the head is hard and dense, cut it into quarters. Soak in cold water for one hour; then shake the cabbage and put it into a kettle of boiling salted water, being careful to have sufficient water to cover the cabbage. Boil in an uncovered vessel for three-quarters of an hour until tender and white; drain; dish the pieces neatly in a shallow dish and pour over either English drawn butter or white sauce.

LADIES' CABBAGE

Cut a small, hard head of cabbage into halves; remove the core and the harder portions, chop the remaining part of the head quite fine. Throw this into a kettle of boiling salted water, boil uncovered for thirty minutes; drain in a colander. Put the cabbage back in the saucepan, add two tablespoonfuls of butter, a tablespoonful of flour; dust the flour over the cabbage; stir carefully with a wooden spoon, and add a half pint of milk, a half teaspoonful of salt and a saltspoonful of pepper. Stand this on the back part of the stove to simmer for ten minutes; send to the table.

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SCALLOPED CABBAGE

Prepare the cabbage according to the preceding recipe. Turn it into a baking-dish, cover the top with fine bread-crumbs, and bake in a quick oven twenty minutes.

CABBAGE, RUSSIAN STYLE

Select a hard head of cabbage and cut it into halves. Shave it down as you would for cold slaw. Put the shreds into very cold water to soak for one or two hours; drain; put into a kettle of boiling salted water and boil, uncovered, fifteen minutes; drain in a colander. Return the cabbage to the kettle, add a half pint of good cream, a half teaspoonful of salt and a saltspoonful of pepper. Push the kettle to the back part of the stove to simmer gently for ten minutes. Serve in a shallow dish; garnish with triangular pieces of toast.

CHARLESTON CABBAGE

1 small hard head cabbage	4 tablespoonfuls olive oil
2 tablespoonfuls sugar	1 teaspoonful salt
4 tablespoonfuls vinegar	1 saltspoonful pepper
½ pint thick cream	1 egg

Cut the cabbage into eighths; soak in cold water for one hour; then put it into an uncovered kettle of boiling salted water; boil rapidly for twenty minutes. While this is boiling, beat the egg until light; add to it the cream. Put the oil and vinegar into a saucepan, mix, and add the sugar, salt and pepper; stir constantly over the fire until it reaches the boiling-point. Then stir it quickly into the egg and cream. Lay the cabbage carefully in this sauce; put it over the fire until very hot, and serve.

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GERMAN SOUR CABBAGE

2 quarts chopped cabbage
2 tablespoonfuls butter
1 saltspoonful pepper
½ cup vinegar
1 teaspoonful salt

Soak the cabbage in cold water for an hour; drain; place it in an uncovered kettle of boiling salted water; cook twenty minutes; drain and return it to the kettle. Add the vinegar; bring the cabbage to boiling-point and cook five minutes. Add the butter, salt and pepper.

COLD SLAW

1 small hard head cabbage
½ cup milk
Yolks of 2 eggs
1 tablespoonful chopped onion
4 tablespoonfuls vinegar
1 tablespoonful butter
1 tablespoonful cornstarch
1 bay leaf
1 saltspoonful celery seed
½ teaspoonful salt
1 saltspoonful pepper

Divide the head of cabbage into halves and shred it very fine. Cover with cold water and soak for at least an hour; in warm weather it is better to put a piece of ice in the water. While the cabbage is soaking, heat the milk in a double boiler. Moisten the cornstarch with a little cold milk; add it to the hot milk and cook until it thickens. Add the yolks of the eggs, beaten; cook a moment longer; take from the fire and add the salt and pepper. Add the chopped onion, the celery seed (or you can use a little chopped celery), and the bay leaf to the vinegar. Boil rapidly until reduced one-half. When cool, strain this into the sauce. Add the butter, cut into bits, and stand aside to cool. When ready to serve, drain the cabbage by wringing it in a towel. Then mix it with the dressing; turn it

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into a round dish, garnish with capers, if you have them, or chopped olives. This will take the place at dinner of a green vegetable and a salad.

SOUR CREAM SLAW

1 head cabbage
2 tablespoonfuls vinegar
2 eggs
½ cup thick sour cream
½ teaspoonful salt
1 saltspoonful pepper

Cut and soak the cabbage as directed in preceding recipe; drain and dry it. Put the vinegar into a saucepan and bring it to the boiling-point; add the eggs, beaten without separating, until light, and the sour cream. Stir the mixture over the fire until it thickens. Take from the fire, add the salt and pepper. Put the cabbage into the sauce, mix, and turn it into a shallow vegetable dish. This may be served warm or cold.

CABBAGE à la FLAMANDE

1 head red or purple cabbage
1 tablespoonful butter
1 good-sized onion
1 saltspoonful ground cloves
1 teaspoonful salt
1 saltspoonful pepper

Cut the cabbage into halves, and soak it in cold water an hour. Then shave it as you would for cold slaw. Throw it into boiling salted water and cook in an uncovered vessel for twenty minutes; drain; put the cabbage in a chopping bowl and chop rather fine. Return it to the saucepan; add the butter, the onion, grated, the cloves, salt and pepper. Cover the saucepan and stand it on the back part of the stove where it will keep very hot, not boiling, for three-quarters of an hour. Add a tablespoonful of vinegar and send to the table.

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CABBAGE HONGROISE

1 red or purple cabbage
4 tablespoonfuls olive oil
1 green pepper
4 tablespoonfuls vinegar
1 onion
1 teaspoonful salt
1 tablespoonful paprika

Soak the cabbage in cold water, having cut the head into halves. Place the flat side on a table and cut the cabbage down into slices of a half inch. Put the oil in a saucepan; when hot, put in the cabbage. Cook slightly, then turn and cook it on the other side. Add the pepper and onion, chopped fine, the salt, vinegar and paprika. Cover the pan and draw it to the back part of the stove where it will simmer for an hour.

RED CABBAGE, DUTCH FASHION

1 good-sized cabbage
1 large onion, chopped
2 large tart apples
2 tablespoonfuls butter
½ cup cream or milk
1 teaspoonful salt
1 saltspoonful pepper

Trim the cabbage; cut in into halves and soak it in cold water for an hour; drain and shred it fine. Turn it into a kettle of boiling salted water; boil rapidly uncovered for five minutes and drain. Put the butter and onion in a saucepan; shake a few moments, add the cabbage and the apples, peeled, cored and sliced; add the salt and pepper. Stand the saucepan on the back of the stove for thirty minutes, tossing the cabbage three or four times. Add the cream or milk and turn into a heated vegetable dish.

TO MAKE SAUERKRAUT

Select large, hard, white heads of cabbage; shred them on a slaw-cutter. Line the bottom and sides

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of a clean cask or a barrel with the outside leaves of the cabbage. Put in the bottom a layer of shredded cabbage, three inches thick, sprinkle over four ounces of good salt, and with a heavy wooden pestle mash it down. Put in a second layer of cabbage, then salt, and so continue until the cask is full. Cover the top with the outside leaves of the cabbage. On top of this put a round board, about two inches smaller than the top of the cask, and on this, a heavy weight. A good clean stone is best. Allow this to stand in a warm place to ferment. When fermentation begins, the cabbage will sink, and you will have considerable liquid on the surface. Take any scum from the surface; cover the cask and keep it in a cool, dry cellar. Sauerkraut will be ready for use in about two weeks. Each time you remove the board to get a portion of the sauerkraut, be careful to replace it.

TO COOK SAUERKRAUT

Wash the sauerkraut in several cold waters; throw it into a kettle of boiling water; add a sliced apple. Cook, uncovered, about one hour; drain; dish on a platter, garnish with small bean croquettes alternated with hard-boiled yolks of eggs.

SAVOY

(*Borecole,* Linn.)

This is a variety of common cabbage with a loose head composed of very curly or wrinkled leaves. It is considered more delicate than ordinary cabbage.

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After the head is scalded and opened it looks very much like a huge rose; the leaves never become white or bleached. Savoy is best stuffed or prepared as Turkish cabbage.

CAULIFLOWER

Cauliflower and broccoli are the flowerets of the plant. Cauliflower is always white; broccoli is both white and purple, but in this country the name is generally applied to a loose, irregular head of cauliflower. The same rules in cooking apply to both.

TO BOIL CAULIFLOWER

Trim the outside leaves; soak in cold water for about an hour; drain and tie it in a piece of cheesecloth; drop it, stem down, into a large kettle of boiling salted water; boil uncovered for thirty minutes. Be careful not to overcook cauliflower, or it will become watersoaked and lose both its flavor and color. When tender, lift it carefully, drain thoroughly, and turn it out into a round dish. Pour over it sauce Hollandaise, English drawn butter or white sauce.

CAULIFLOWER au GRATIN

Boil the cauliflower according to the preceding recipe. When done and drained, break it very carefully into the little flowerets. Arrange them neatly in a baking-dish, pour over a half pint of white sauce, dust thickly with grated cheese, and brown in a quick oven.

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CAULIFLOWER, HUNGARIAN FASHION

1 cauliflower
2 tablespoonfuls butter
1 tablespoonful finely chopped onion
4 tablespoonfuls dry bread-crumbs
½ teaspoonful salt
1 saltspoonful pepper

Boil the cauliflower as directed in first recipe; drain, and place in a round, shallow vegetable dish. Put the butter in a shallow frying-pan; add the onion and dry bread-crumbs; cook quickly, shaking all the while; add the salt and pepper. Spread this over the top of the cauliflower, and send at once to the table.

COLLARDS

Collards are cabbage in which the fleshy leaves are not formed into a head but are long like cos lettuce. This variety is grown principally in the southern part of the United States where they do not have sufficient cold weather to head or harden cabbage. Collards are usually boiled in salted water and served according to any of the rules for cooking kale, spinach or chopped cabbage.

BRUSSELS SPROUTS

These are perhaps the most delicate of all the cabbage species. To be quite perfect they should not be larger than an English walnut. They are sold in the market by the quart, and are seasonable in the fall and early winter.

TO BOIL BRUSSELS SPROUTS

Trim neatly and soak in cold water for an hour; throw into boiling salted water and cook in an uncovered vessel for thirty minutes. Drain in a

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colander. If they lose their color and turn a sort of yellowish green and become soft they have been cooked too long. They should be a bright green and very delicate. Turn them into a heated dish and pour over either plain melted butter, white sauce, or sauce Hollandaise.

KALE

There are two varieties of kale, the green and the blue. Both varieties are sold, in many markets, under the name of "sprouts." Kale is the least nutritious of all the cabbage species. It forms, however, very good spring greens.

TO BOIL KALE

Wash carefully a half peck of kale; cut the leaves from the roots and wash again; soak in cold water for an hour, then lift and shake them, and throw them into a kettle of boiling salted water. Cook three-quarters of an hour in an uncovered vessel, stirring three or four times. Drain in a colander, and, when dry, chop fine. Return to the kettle; add two tablespoonfuls of butter, a teaspoonful of salt and a saltspoonful of pepper. When the mixture is hot, heap it into a vegetable dish. Garnish the edges of the dish with triangular pieces of toast and the centre with hard-boiled eggs.

KALE AS GREENS

Wash the kale through several cold waters; cut off roots and stems leaving just the leaves. Select a large kettle and put in the bottom a pint of boiling water. Shake the water from the kale, throw it

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into this hot kettle, sprinkle over a teaspoonful of salt, cover the kettle and stand it on the back of the stove for fifteen minutes. Then remove the lid and boil rapidly fifteen minutes longer. Throw this into a colander. When the greens are thoroughly drained they are ready to serve.

KOHL-RABI

Kohl-rabi, also called turnip cabbage, stores its nourishment just above the ground in a turnip-like swelling of the stem, from which long narrow leaves spring. It is free from starch and may, therefore, be sliced and eaten raw in the place of radishes. It is slightly more nutritious than the common white turnip.

TO BOIL KOHL-RABI

Remove the leaves and cut a thick paring from the outside of a dozen kohl-rabi. Cut the flesh into slices of half an inch, throw into boiling salted water, and boil in an uncovered vessel for thirty minutes; drain; turn into a heated vegetable dish and pour over either sauce Hollandaise, white sauce, or butter glaze.

CARROTS

Carrots, when young, are delicate and sweet; when old they are hard and rather strong in flavor. Full grown, they contain some sugar and a trace of starch. The young, succulent roots, however, contain but little more than water and mineral matter. They have a trace of iron and are said to be anti-scorbutic.

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STEWED CARROTS

If your carrots are young, scrape them and throw them into cold water; if full grown, scrape and cut them into squares. When ready to cook, throw them into a kettle of boiling water; cook just below the boiling-point in an uncovered vessel for three-quarters of an hour; drain; turn them into a heated dish and pour over either brown sauce, white sauce, or sauce Hollandaise.

GLACÉD CARROTS

1 dozen young carrots
2 tablespoonfuls sugar
1 tablespoonful butter
½ teaspoonful salt
1 saltspoonful pepper

Scrape the carrots. Boil them in unsalted water until tender—about three-quarters of an hour; drain perfectly dry. Put the butter, sugar, salt and pepper into a saucepan; shake over the fire until melted; add the carrots; shake the carrots until they are thoroughly covered with the glaze. Turn them at once into a heated dish.

CARROT JAM

4 pounds young carrots
2 pounds sugar
1 lemon
2 oranges
1 ounce green ginger root, or
1 tablespoonful ground ginger
2 bay leaves

Wash and scrape the carrots; soak them in cold water half an hour. Throw them into a kettle of boiling salted water and cook until tender; drain; when dry, mash the carrots through a colander. Put the sugar, with a pint of water, into a granite or porcelain kettle; bring to boiling-point and skim. Then add the carrot pulp, the grated yellow rind

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of the lemon and oranges, the bay leaves, the ginger root scraped and sliced, and then the strained juice of the lemon and oranges. Simmer gently until it is the consistency of orange marmalade. Put away in jelly tumblers.

CELERY

HOW TO SERVE RAW

Trim off the roots nicely. Take off the outside stalks, trimming the root even with the remaining portion; split the head into quarters from the root toward the ends. Throw these into cold water for half an hour; shake dry and serve in a flat celery-dish with cracked ice.

TO FRINGE CELERY

Select the tender white portions of the celery and cut them into lengths of two inches. Slit each piece down about half an inch on both ends; then cross it. Throw the pieces into ice water. If these are properly cut, they will curl until the strips meet in the centre. Fringed celery is nice for garnishing mock chicken, cabbage or celery salad.

STEWED CELERY

2 whole heads celery
2 tablespoonfuls butter
2 tablespoonfuls flour
Yolks of 2 eggs
½ teaspoonful salt
A dash of pepper

Divide the stalks, using only the outside green portions; in other words, save the very heart to eat raw or as a salad. If your family is sufficiently

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large to use a greater quantity for stewing, take a greater number of heads, always saving the centres. After the celery is washed, cut it into lengths of one inch. For this recipe you should have one quart of cut celery. Put this into a saucepan and cover with boiling water; add a teaspoonful of salt; boil rapidly for thirty-five minutes, or until tender; drain, saving the water. Rub the butter and flour together; add a half pint of the celery water and stir until boiling; add the salt and pepper; shake over the fire; add the yolks of the eggs, beaten, then the celery, and turn at once into a heated dish.

CELERY au JUS

Follow the preceding recipe exactly, omitting the eggs. This makes a nice accompaniment to mock chicken or turkey, or to serve with any of the nut dishes.

CORN

GREEN CORN BOILED IN THE HUSK

Remove the outside husks of good corn. Loosen the inside husks and remove the silk, then roll the husks back into place, and with a sharp knife cut off the ends and also the butt of the corn. Throw these into a large kettle of boiling water; boil rapidly for five minutes. Serve on a folded napkin in the husks.

PLAIN BOILED CORN

To be perfectly good, corn should be cooked the same day that it is picked. Remove the husk and

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the silk; throw the corn into boiling water; boil five minutes. Long boiling destroys the flavor and the sweetness of the corn.

STEWED CORN

Boil the corn two minutes. Then score down each row of grains; press out every particle of pulp of the corn, leaving the little covering of the grain on the cob. Put this into a double boiler, season it with a palatable amount of butter, salt and pepper, reheat and serve.

CORN à la RORER

1 doz. fresh ears corn
½ cup cream or milk
1 tablespoonful butter
1 teaspoonful salt
1 saltspoonful pepper

Husk and remove the silk from the corn. Draw the corn slitter down the cob, slitting each row of grains. With a dull knife press out all the pulp. Put this in a double boiler, add the cream or milk, the butter, salt and pepper; stir and cook over boiling water for thirty minutes.

CORN FRITTERS

6 ears corn
½ pint milk
½ pint flour
2 eggs
1 teaspoonful baking-powder
½ teaspoonful salt
1 saltspoonful pepper

Grate or press out the corn; add the yolks of the eggs, salt, pepper, milk and then the flour, sifted with the baking-powder. Beat thoroughly; fold in the well-beaten whites; fry in deep fat by tablespoonfuls. These should be round, not flat. Serve hot.

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CORN PUDDING

12 ears corn
4 eggs
½ pint milk
½ pint flour
1 teaspoonful salt
1 saltspoonful pepper

Score and press out the corn; add the yolks of the eggs and flour, then the milk, salt and pepper, and the well-beaten whites of the eggs; turn at once into a shallow greased baking-pan. Bake in a moderately quick oven half an hour. This makes a very nice luncheon or supper dish. It has considerable meat value. Canned corn may be used.

CORN OYSTERS

6 ears corn
4 eggs
6 tablespoonfuls flour
1 teaspoonful salt
½ saltspoonful pepper

Separate the eggs. Score and press out the corn; add the flour and the yolks of the eggs, the salt and pepper, and then fold in the well-beaten whites. Fry by tablespoonfuls in a small quantity of hot fat in a shallow pan; drain on brown paper, and serve.

SUCCOTASH

Boil for three minutes a dozen ears of corn. Cut the corn from the cob, taking a very small piece from the top of each grain, then press out the pulp. Mix this with an equal quantity of nicely cooked lima beans; add butter, salt and pepper; reheat and serve.

ESCALLOPED CORN

6 ears boiled corn
½ pint bread-crumbs
½ pint milk
1 tablespoonful butter
1 teaspoonful salt
1 saltspoonful pepper

This is a very good way to reheat left over corn. Cut the corn from the ear; put a layer in the bottom

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of a baking-dish, then a layer of bread-crumbs and a dusting of salt and pepper; then another layer of corn, and so continue until the dish is filled. Pour over the milk, put the butter in pieces over the top, dust again with bread-crumbs, and bake in a quick oven twenty minutes.

STEWED CORN IN TOMATOES

6 good-sized tomatoes
3 ears boiled corn
½ cup milk
1 tablespoonful butter
½ teaspoonful salt
1 saltspoonful pepper

Cut off the stem end of the tomatoes and scoop out the seeds and the core. Dust the tomatoes lightly with salt and pepper and stand in a baking-pan in the oven. Cut the corn from the cob; put it in a saucepan; add the milk, butter, salt and pepper and stand it on the back of the stove. When the tomatoes are nearly done, take them from the oven; fill them with the hot corn and return them to the oven for about five or ten minutes. Lift each to a small serving-plate.

CORN LOUISIANA

1 dozen ears corn
6 large tomatoes, or
1 pint solid canned tomato
2 tablespoonfuls butter
1 teaspoonful salt
1 saltspoonful pepper

Score down the centre of each row of grains and press the corn from the cob. Peel the tomatoes; cut them into halves and squeeze out the seeds; cut each half into quarters and put in a saucepan with the butter, salt and pepper. When boiling hot, add the corn; cover the saucepan, and cook over a hot fire for fifteen minutes.

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CORN GRIDDLE CAKES

1 pint grated corn
½ cup milk
2 eggs
⅔ cup flour
½ teaspoonful salt

Put the corn into a bowl; add the yolks of the eggs, well beaten, the milk, salt and flour. When well mixed fold in the well-beaten whites of the eggs and bake by spoonfuls on a hot griddle. If you cannot handle these without tearing, add just a little more flour. The smallest quantity of flour, however, is best.

CORN BREAKFAST GEMS

1 pint grated corn
1 pint milk
3 eggs
3 cups flour
2 teaspoonfuls baking-powder
½ teaspoonful salt

Put the corn in a bowl; add the yolks of the eggs, beaten, and the milk and salt; beat well; stir in the baking-powder and flour sifted together; then fold in the well-beaten whites of the eggs. Bake in greased gem-pans in a moderately quick oven thirty minutes.

DRIED CORN, No. 1

Score the corn down the centre of each row of grains and press out the pulp. Put this pulp in a thin layer over the bottom of a baking-pan. Stand it in a cool oven, with the door open, or you can dry it in the sun. If the oven is just right, three hours will dry it. Stir it as soon as it begins to dry. Great care must be taken or the mixture will sour before it dries. When this is dry, it will be in chunks, like tapioca.

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DRIED CORN, No. 2

Husk perfectly fresh corn and remove the silk; throw the ears into a kettle of boiling water; boil two minutes; cut off the tops of the grains and press out the pulp; dry either in the sun or in the oven. First cooking removes the danger of souring.

TO COOK DRIED CORN

Measure out the desired quantity of corn; cover it with cold milk and stand it in a cold place over night. Cook in a double boiler at least one hour. Season with butter, salt and pepper.

TO SALT CORN

Corn may be kept for winter use by putting into a cask a layer of corn and then a layer of salt. Have a perfectly clean wooden cask. Cut the corn from the cob; put in a layer of corn, one inch thick, then a layer of good salt a half inch thick. From time to time add corn and salt until the cask is nearly full. Then cover with grapevine or cabbage leaves. On top of this, place a small round board, and on this a weight; a good-sized perfectly clean stone will answer.

TO COOK SALTED CORN

Take out the desired quantity of corn, being sure to replace the board and the stone; wash it well in cold water; soak it over night in fresh clean water; drain; put it over the fire in boiling water and let it boil slowly for half an hour.

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CUCUMBERS

CUCUMBERS WITH CREAM SAUCE

Pare good-sized cucumbers; cut into halves; scoop out the seeds; cut each half into three, crosswise; soak in cold water for an hour or two. When ready to cook, throw into boiling salted water; boil until transparent and tender, about thirty minutes; drain. Carefully put them at once into a heated dish; pour over a half pint of white sauce.

CUCUMBERS WITH SAUCE HOLLANDAISE

Boil as directed in preceding recipe. When thoroughly drained, dish and cover with sauce Hollandaise.

FRIED CUCUMBERS

Cut good-sized cucumbers into slices a half inch thick, crosswise; dust with salt, dip in beaten egg, roll in bread-crumbs, and sauté in a small quantity of hot fat, browning on one side, then turning and browning on the other. These are nice for luncheon. They may be served with stewed tomatoes or lima beans.

EGGPLANT

(*Solanum melongena*, Linn., variety *esculentum*)

Eggplant belongs to the *Solanaceæ*, the same family to which the potato, tomato, tobacco and peppers belong. The "eggs" contain very little nourishment, but when well dressed form an agreeable waste or bulk food.

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BOILED EGGPLANT

Throw the eggplant into a kettle of unsalted boiling water; boil rapidly for thirty minutes; take out and peel; cut into halves; put each half in a piece of cheesecloth; drop into a kettle of fresh boiling salted water; cook for thirty minutes until tender. Lift carefully, turn on to a heated dish, pour over sauce Hollandaise, and send at once to the table.

BAKED EGGPLANT

1 eggplant	1 tablespoonful butter
½ cup bread-crumbs	1 teaspoonful salt
1 hard-boiled egg	A dash of pepper

Boil the eggplant in unsalted water for twenty minutes; take out, cut into halves and scoop out the centre, leaving a wall a half inch thick. Chop the portion that you have scooped out, mix it with the bread-crumbs, salt, pepper, butter, melted, and the egg, chopped fine. Dust the eggplant itself with salt and pepper and put in the stuffing. Brush the top with melted butter and bake in a quick oven thirty minutes. Serve on a folded napkin.

FRIED EGGPLANT

Peel a good-sized eggplant; cut it into slices of a quarter inch. Dust with salt and pepper; dip in beaten egg; roll in bread-crumbs and sauté in very hot fat. When they are brown on one side, turn and brown on the other. Dry on brown paper. Eggplant may be fried in deep fat, providing the slices are cut thin, then into halves, and well covered with egg and bread-crumbs.

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HORSERADISH

(*Nasturtium Armoracia*, Fries)

Horseradish is, as a rule, used as a seasoning to sauces, or to various cold mock meat dishes. The edible portion consists of a long tap root containing aromatic principles, and is as pungent as black mustard. It is sometimes stewed and served with cream sauce. It has no food value.

OKRA

(*Hibiscus esculentum*, Linn.)

The young pods, the edible portion of this plant, are rich in mucilage. In the South they form one of the most important ingredients of gumbo soup. They are also used to thicken rich stews. The Creoles use them in the genuine Creole sauce. In many places in the North okra is called gumbo from its connection with the gumbo soup of the South.

STEWED OKRA

1 quart young tender okra
1 pint water
1 tablespoonful vinegar
1 teaspoonful butter
1 teaspoonful salt
1 saltspoonful pepper

Wash the okra and cut into slices crosswise. Put into a porcelain or granite kettle; iron discolors okra. Add the water and the salt; cover the kettle and cook slowly for thirty minutes, or until the okra is perfectly tender; add the butter, vinegar and pepper, and serve. This is a very nice accompaniment to mock chicken, in fact, to any of the nut dishes.

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OKRA WITH RICE

1 quart tender okra
4 large tomatoes, or
1 pint canned tomatoes
1 large green pepper
½ pint rice
1 pint water
1 large onion
1 teaspoonful salt

Wash and cut the okra into slices; peel the tomatoes and cut into halves; press out the seeds; cut the flesh into squares. Put tomatoes with the okra into a granite kettle; add the water, salt, pepper and onion, cut into very thin slices; cover the kettle, and simmer on the back part of the stove forty-five minutes. While this is cooking, wash and boil the rice. Have it very dry. When ready to serve, arrange the rice in a pyramid on a platter; pour around the okra. This is a nice accompaniment to any of the nut or bean dishes, and may also be served with eggs.

OKRA WITH TOMATOES

1 pint tender okra
1 pint canned tomato
1 small onion
1 tablespoonful butter or oil
1 teaspoonful salt
1 saltspoonful pepper

Wash and slice the okra. Put it, with the tomatoes, into a granite kettle; bring to boiling-point; add the salt, pepper, onion, and simmer gently an hour. Stir in carefully the butter, and serve at once.

FRICASSEE OF OKRA WITH CORN

To the above recipe add the pulp from a dozen ears of corn. This combination scorches very easily. Cook it either in a double boiler or over a very slow fire. A chopped red or green pepper may also be added.

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OKRA SUCCOTASH

1 quart tender okra
½ pint young lima beans
½ pint grated corn
3 large tomatoes
1 tablespoonful butter
1 teaspoonful salt
1 saltspoonful pepper

Peel the tomatoes; cut into halves and press out the seeds; cut into squares and put them into a granite saucepan. Wash and slice the okra; add it and the salt and pepper to the tomatoes; cover and simmer gently for fifteen minutes. Add the young lima beans; cover and simmer twenty minutes longer. Add the corn; cook about fifteen or twenty minutes longer; then add the butter and it is ready to serve. If canned vegetables are used in place of fresh allow a pint of okra, a half pint of lima beans, a half can of corn, a half pint of tomatoes.

ONIONS

(*Allium cepa,* Linn.)

To this family also belong leeks, garlic, chives and shallots. There are many varieties of onions, all more or less alike. The odor and the flavor are due to a volatile material, rich in sulphur, which is dissipated and thrown off by careless cooking. Onions, like other green vegetables, must be cooked in boiling salted water. Like cabbage and other vegetables containing sulphur, they must be cooked in an uncovered vessel. Onions are wholesome, and when well cooked are rather easy of digestion and are stimulating to the intestines.

To keep onions for winter use, place them in a light dry place, where there is not the slightest danger

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of freezing. They must, however, be kept cold, but freezing causes immediate decay.

BOILED ONIONS

Peel the onions, and after you think they are well peeled, remove another outside covering. Throw them into cold water for half an hour and then into a kettle of boiling salted water; boil in an uncovered vessel three-quarters of an hour, or until the onions are perfectly tender. Drain in a colander; return to the saucepan and put back over the fire to dry. Turn into an uncovered vegetable dish and pour over white sauce. If the onions are not thoroughly dry, the water will exude and dilute the sauce. Onions are usually served as an accompaniment to mock turkey or chicken, or any of the various nut dishes.

BOILED SPANISH ONIONS

Peel one good-sized Spanish onion; cut it into slices a half inch thick; soak in cold water a half hour and cook according to the preceding recipe. The water in which onions are boiled may be saved for onion soup, sauce Soubise or vegetable stock.

SPANISH ONIONS WITH BROWN SAUCE

1 large or 2 medium-sized Spanish onions
1 tablespoonful butter
1 tablespoonful flour
1 teaspoonful kitchen bouquet
1 teaspoonful salt
1 saltspoonful pepper

Peel the onions and cut into slices ā half inch thick. Throw them into cold water for half an hour; then put into a kettle of boiling salted water and cook

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uncovered for three-quarters of an hour; drain, saving the water. Rub the butter and flour together; add a half pint of the water in which the onions have been boiled, stir until boiling; add the kitchen bouquet, the salt and pepper. Dish the onions, pour over the brown sauce, and serve.

ONION GLACÉ

6 medium-sized onions
4 tablespoonfuls olive oil
1 tablespoonful flour
½ pint vegetable stock
1 teaspoonful salt
1 saltspoonful pepper
¼ nutmeg grated

Peel the onions and cut them in thin slices. Put the oil in a shallow frying-pan; when hot, add the onions. Shake until slightly brown. Take out with a skimmer, and put into a saucepan. Add the flour to the oil, the stock, salt, pepper and nutmeg. Stir until boiling and strain over the onions. Cover and simmer on the back part of the stove three-quarters of an hour. If it is in celery season, add also a half cup of chopped celery. These are nice to serve with beans or nut steaks.

ONIONS au SUPREME

6 medium-sized onions, or
2 Spanish onions
2 tablespoonfuls butter
2 tablespoonfuls flour
4 tablespoonfuls cream
Yolks of two eggs
½ teaspoonful salt
1 saltspoonful pepper

Peel the onions carefully and cut them into slices a half inch thick; throw into a kettle of boiling salted water and cook without covering for thirty minutes; drain, saving the water. Rub together the butter and flour; add a half pint of the water in which the onions were boiled; stir until boiling and then add the salt and pepper. Take from the fire and add the yolks

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of the eggs beaten with the cream. Stir over the fire just a moment. Be careful or it will curdle. Dish the onions and pour over the sauce. Garnish the dish with triangular pieces of toast and send at once to the table.

GREEN PEAS

Green peas are rich in water; they contain a little mineral matter and some sugar. In the daily bill of fare they are counted as succulent vegetables. They are palatable and easy of digestion. For invalids and children they should be pressed through a colander to remove the hulls; they may then be reheated and served the same as spinach. They are principally digested in the small intestine.

TO BOIL GREEN PEAS

The sweetness and flavor of green peas depend entirely upon careful cooking. Shell the peas and throw them into cold water for twenty minutes; drain; put into a kettle of boiling salted water. It is not necessary that you have more water than will cover the peas. Boil in an uncovered vessel for twenty minutes, or until the peas are tender. Be sure that they boil continuously. If they are one moment below the boiling-point they will lose their color and become watery. When done, drain; return to the kettle, add a teaspoonful of sugar to each pint of peas, a half teaspoonful of salt, a saltspoonful of pepper, four tablespoonfuls of cream, or a tablespoonful of butter, and two tablespoonfuls of milk. Shake, rather than stir, until the peas are smoking hot. Serve at once in uncovered dish.

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GREEN PEAS WITH CREAM SAUCE

Boil the peas according to the preceding recipe. After they have been drained, turn into a vegetable dish and pour over a half pint of cream or white sauce.

PEAS IN TURNIP CUPS

Select young turnips; pare them carefully; cut off the stem end and scoop out the flesh of the turnip, leaving a wall a half inch thick. Soak these cups in cold water for a half hour and then throw them into boiling unsalted water; cook in an uncovered vessel until they are white and tender. Lift each with a skimmer and drain it carefully. Arrange on a platter and fill with nicely seasoned boiled peas.

PEAS, ENGLISH FASHION

Cook the peas as directed in the first recipe, adding a sprig of mint to the peas when they are first put over the fire.

SUGAR PEAS

Top and tail the peas, but do not shell them. Soak in cold water an hour; drain; cover with boiling water, adding a teaspoonful of salt to each quart. Boil in an uncovered saucepan thirty minutes. Drain, saving the water for soup or stock. Add to each quart of peas two tablespoonfuls of butter, a half cup of milk, a half teaspoonful of salt and a saltspoonful of pepper. Shake until very hot, and serve.

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TO DRY YOUNG GREEN PEAS

Shell the peas; throw into a kettle of boiling water; boil rapidly two minutes; drain; spread in a thin layer in tin-pans. Stand in a warm oven; shake frequently until thoroughly dry. Put these into cheesecloth bags that have been lined with waxed paper and keep in a dry place. Soak one hour before cooking.

PEPPERS

This name is given to several varieties of the genus capsicum, the commonest of which is *capsicum annum* (Linn.). Paprika is made from a brilliant red variety, dried and ground. The coloring matter is very soluble, which makes the paprika valuable for the coloring of soups, sauces and salads. The large sweet varieties, stuffed or stewed, make an agreeable succulent or green vegetable. The *chili* or hot varieties are used by the Mexicans for seasoning such dishes as *chili con-carne* and *tamales*. In some parts of the United States peppers are stuffed with cabbage, pickled in vinegar, and called mangoes.

Tabasco oil, made by putting small, very hot red peppers in olive oil, is an exceedingly pleasant seasoning for cream sauces or salad dressings. One ounce in a quart of oil will be quite sufficient. Be careful not to use too great a quantity, as the oil is very pungent.

Sweet peppers, both red and yellow, are dried or canned for winter use. They can be purchased at any first-class grocery store under the name of pimientos, or Spanish sweet peppers.

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STUFFED PEPPERS

6 large sweet peppers
1 pint boiled rice
1 tablespoonful butter
1 medium-sized onion
1 teaspoonful salt

Cut the tops from the peppers and remove the seeds. Add to the rice the onion, chopped, and salt. Wash the peppers, stuff them with the boiled rice, put on the tops and stand them in a baking-pan. Cover the bottom of the baking-pan with a little water; add to it the tablespoonful of butter. Bake in a quick oven twenty minutes, basting two or three times. These may be served plain or you may lift the lids and put into each a tablespoonful of tomato sauce. These take the place of both a succulent and starchy vegetable at dinner.

SWEET PEPPERS, CREOLE FASHION

6 sweet peppers
6 tomatoes, or half can tomatoes
½ pint rice
6 tablespoonfuls olive oil
1 onion
1 teaspoonful salt

Cut the peppers into halves and remove the seeds; cut the stem close to the flesh of the pepper. Wash the rice; throw it into boiling water; boil rapidly for fifteen minutes, drain and dry. Scald, peel and chop the tomatoes, or select the hard portion from one can of tomatoes; add them to the rice; add the salt and the onion grated. Mix and stuff this into the peppers. Put the oil in a shallow frying-pan; when hot, stand in the peppers. Fry until they are slightly brown; then stand the pan in the oven, add a half cup of water and bake slowly three-quarters of an hour, basting two or three times. Baste the outside of the peppers rather

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than the stuffing. These take the place of a starchy and succulent vegetable at dinner. They are also exceedingly nice for supper or luncheon in summer.

STEWED PEPPERS

Cut green or red peppers into halves; remove the stems and seeds; cut each half into four or five pieces lengthwise. Put two tablespoonfuls of butter in a saucepan; when hot, add the pepper. Shake over a quick fire for five or ten minutes. Then add enough boiling water to cover the peppers; add a half teaspoonful of salt and cook gently for fifteen minutes. Serve as an accompaniment to nut steaks or nut sausages, or use as a garnish to plain boiled rice.

RADISH

(*Raphanus sativus,* Linn.)

Radishes contain neither sugar nor starch, and are eaten raw as appetizers. At dinner they are passed with the soup. They may be served, however, for breakfast and luncheon, passed at the early part of the meal. Being dense, they are rather difficult of digestion. They should be perfectly fresh and crisp. It is best to soak them in cold water at least one hour before using. If not thoroughly masticated, they will frequently produce acute indigestion.

The large black Spanish and the Japanese radishes are good only in the winter. If put in a box and covered with sand they will keep in a cool cellar until Spring. They may be served either raw, or boiled the same as turnips and served with cream sauce.

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TO SERVE RADISHES RAW

The small red button radishes are most sightly. Trim the tops, leaving one small green sprig. Wash them thoroughly in cold water; then, with a sharp knife, cut the red skin down, without taking it off, into four or five petals. Throw the radishes into ice water until wanted. If cut properly, the radishes will look like little tulips. To serve, put them in an oblong dish or round cut glass dish and cover them with finely shaved ice. It is wise to eat the skin as it aids in the digestion of the radish.

SALSIFY

(*Tragopogon porrifolius,* Linn.)

STEWED SALSIFY

1 dozen roots salsify
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
1 teaspoonful salt
1 saltspoonful pepper

Scrape the salsify. Throw the roots at once into cold water to prevent discoloration. Cut them into halves and soak in cold water for one hour. When ready to cook, drop into boiling unsalted water; boil in an uncovered vessel for half an hour, until they are perfectly tender; drain in a colander. Cover the bottom of a meat platter with squares of toasted bread. Arrange the salsify crosswise on the toast, butts one way; rub the butter and flour together; add the milk; stir until boiling; add the salt and pepper and strain it over the salsify.

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BAKED SALSIFY

Follow the directions in preceding recipe except cut the salsify into slices crosswise. Put them into a baking-dish. Pour over the white sauce, dust the top with grated cheese and brown quickly in the oven.

SPINACH

(*Spinacia oleracea,* Miller)

This name includes a number of varieties of the same plant. In this book we are only concerned with the variety in common use.

SPINACH BOILED AS GREENS

Have a large pan of water; take a root of spinach in each hand; plunge up and down in the water and throw into another pan. Wash it again through a second water. Then pick up each root and cut off the leaves, allowing them to float in a pan of clear water. Do not drain off the water by holding the spinach back with the hand; the sand will be retained in the pan and the spinach will be uneatable. After the spinach has been thoroughly washed, throw it into a kettle of boiling salted water; boil twenty minutes. Drain in a colander; dish and send to the table.

CREAMED SPINACH

½ peck spinach
2 slices bread
2 tablespoonfuls butter
2 hard-boiled eggs
2 tablespoonfuls cream
1 teaspoonful salt
1 saltspoonful pepper

Wash the spinach as directed in the preceding recipe; shake it from the last water until quite dry. Throw it into a hot kettle; add quickly a half pint of boiling water and sprinkle over the salt. Cover the kettle,

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push it to the back part of the stove for ten minutes; then pull it over a hotter portion of the fire where it will cook slowly twenty minutes; drain carefully, pressing out the water. Put the spinach in a chopping bowl and chop it very fine. Return it to the saucepan, add the cream, butter, salt and pepper and stir over the fire until smoking hot. Cut the eggs into halves and then into quarters. Cut the bread into small triangles and toast them. Pack the spinach quickly into a bowl, simply to shape it. Turn it into a round dish, putting around the edge the triangles of toast, arrange the whites of the eggs in imitation of a daisy at the top, pressing the yolk side down into the spinach, and send to the table.

SPINACH FOR GARNISHING (Purée of Spinach) Wash and cook the spinach according to the preceding recipe. When it is hot, put it into a pastry-bag with a star-tube and press it in a rope-like finish around the dish that is to be garnished. Nut sausages, macaroni croquettes and stuffed tomatoes may all be garnished with purée of spinach. Left-over spinach may be used for cream of spinach soup or may be moulded in after-dinner coffee-cups and served cold with French dressing as a salad.

STACHYS

(*Stachys tuberosa*)

The small tubers of this plant resemble in taste and texture the Jerusalem artichoke, and they may be cooked according to the same rules. Their corkscrew appearance makes them an attractive vegetable to serve as a salad or as a garnish for other vegetable dishes.

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TOMATOES

(*Lycopersicum esculentum*, Miller)

Tomatoes, when fully ripe, contain about ninety to ninety-two per cent. of water. In the remaining portion there is a little pectose and mineral matter, not enough, however, to give them food value. Whether or not they are wholesome I do not know, but of one thing I am quite certain, they are detrimental to persons who have oxaluria or uric acid diathesis.

Tomatoes are attractive in appearance, palatable and capable of great variation in cooking, hence their popularity. There is no doubt that many succulent vegetables, especially the tomato, are more easily digested raw. Tomatoes, if served with just a little olive oil, cocoanut cream or mayonnaise dressing, are far more attractive than when combined with vinegar, sugar or cream. If served persistently with salt, pepper and vinegar, they will produce ulcerations in the mouth and intestinal disturbances.

TO SERVE TOMATOTES RAW

Select small solid peach tomatoes; put them into a colander or wire basket; plunge into boiling water and quickly remove the skins. Place the tomatoes at once on ice to cool. At serving time, fill small bowls nearly full of cracked ice and sink the tomato down into the ice, blossom end up. Pass with them a bowl of powdered sugar.

LUNCHEON TOMATOES

Select uniform size small peach tomatoes. Put them into a wire basket; plunge into boiling water; lift out

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quickly; remove the skins. Stand them on the ice until cold. Arrange on small dishes in little nests of crisp lettuce leaves and cover the tomato thickly with mayonnaise; put a little cracked ice around the lettuce and send to the table.

TOMATOES ON THE HALF SHELL

Cut large solid tomatoes into halves; stand in a baking-pan, skin side down. Dust lightly with salt and pepper; put a bit of butter in the centre of each tomato and cook in a moderate oven half an hour, or until the tomatoes are soft but whole. Have ready toasted slices of bread; put half a tomato on each. Mix a tablespoonful of flour with four tablespoonfuls of cream; add sufficient milk to make a half pint. Pour this into the pan in which the tomatoes were cooked; stir constantly until it boils; add a half teaspoonful of salt and a saltspoonful of pepper. Strain this around the tomatoes and send at once to the table. This makes a nice luncheon or supper dish.

BROILED TOMATOES

Cut solid tomatoes into slices a half inch thick; dust with salt and pepper, and roll them in bread-crumbs. Put them on a broiler; broil quickly over a clear fire, first on one side and then on the other. Transfer them carefully to a hot dish and send to the table. These are nice for breakfast.

CUP BAKED TOMATOES

Put small peeled tomatoes into custard cups. Stand the cups in a baking-pan and then in a quick oven and bake for thirty minutes. Take from the oven; with

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two forks open the tomatoes carefully in the centre, as you would a baked potato; put in a half saltspoonful of salt, a dash of pepper and a half teaspoonful of butter. Send at once to the table.

ESCALLOPED TOMATOES

6 large tomatoes, or ½ can tomatoes
6 slices bread
2 tablespoonfuls butter
4 tablespoonfuls chopped onion
1 teaspoonful salt
1 saltspoonful pepper

Mix the salt and pepper together. Cut the butter into bits the size of a hazelnut; cut the bread into half-inch cubes; peel the tomatoes; cut into halves and each half into quarters. Put a layer of bread in the bottom of a baking-dish, then a layer of tomatoes, a little onion, salt and pepper and a few bits of butter; then another layer of bread, and so continue until all materials are used, having the last layer of bread; put over three or four bits of butter and bake in a quick oven thirty minutes. Serve in the dish in which they are baked.

STUFFED TOMATOES

6 good-sized solid tomatoes
½ pint boiled rice
1 chopped onion
1 tablespoonful butter
½ teaspoonful salt
1 saltspoonful pepper

Cut a slice from the stem end of the tomatoes and scoop out the seeds. Mix the rice, onion, salt and pepper, and add the butter, melted. Fill the tomatoes with the rice and put on the lid or slice that you have taken from the end. Stand them in a baking-pan and bake in a quick oven thirty minutes. These take the place of both a starchy and succulent vegetable at either luncheon or dinner.

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TOMATOES STUFFED WITH CORN

6 large tomatoes
4 ears corn
2 tablespoonfuls butter
2 tablespoonfuls cream
½ teaspoonful salt
1 saltspoonful pepper

Husk the corn and throw it into boiling water; boil three minutes. Cut a slice from the stem ends of the tomatoes and scoop out the seeds. Score the corn down the centre of each row of grains and with a dull knife press out the pulp. Add the salt, pepper, cream and butter, melted. Fill the tomatoes, put on the lids, stand them in a baking-pan and bake in a quick oven thirty minutes. These are nice with mock turkey or with any of the various egg dishes. They do not, however, contain any starchy material.

FRIED TOMATOES

Select six solid tomatoes; cut into slices a half inch thick; beat an egg without separating; add a tablespoonful of water. Dust the tomatoes with salt and pepper; dip in the egg, roll them thoroughly in bread-crumbs and fry in a small quantity of very hot oil in a shallow frying-pan. They must be browned on one side, then turned and browned on the other. Lift with a skimmer; drain and dish on a heated platter.

CEYLON CURRY OF TOMATOES

Peel six medium-sized solid tomatoes; cut into halves and press out the seeds. Put two tablespoonfuls of butter into a saucepan and add two chopped onions; stand this on the back part of the stove where the onion will cook without browning. Add a teaspoonful of curry powder, a teaspoonful of turmeric, a half pint

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of water, or better, cocoanut milk. Stir until boiling; put in the tomatoes, cover the saucepan and cook slowly for twenty minutes. While these are cooking, boil a half pound of rice; turn it into a colander and stand it at the oven door to dry. Heap this in the centre of a platter; put around the tomatoes, which should be whole and soft; strain over the sauce and send at once to the table. Serve with this an egg dish and baked or fried bananas.

TOMATOES, FRENCH FASHION

Peel small solid or peach tomatoes; to each half dozen allow a half pint of cream or white sauce. Put a tablespoonful of this sauce in the bottom of a ramekin-dish or custard-cup; stand in each a tomato and cover over the remaining sauce. Stand these dishes in a shallow baking-pan and bake in a moderate oven thirty minutes.

GROUND-CHERRY, OR POD TOMATO

These are known in some parts of the United States as Cape gooseberries and strawberry tomatoes. Some are red and others yellow when they are ripe. They are usually dried or preserved the same as strawberries.

TURNIPS

We have in common use two varieties, the rutabaga, yellow or Swedish turnip (*Brassica campestris,* Linn.), and the white turnip (*Brassica rapa,* Linn.). In chemical composition the turnip is very much like the cabbage, except that it contains more water and less

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nutritious matter. It does not contain either sugar or starch. The carbohydrates present are in the form of inulin and pectose, which make them an agreeable and harmless vegetable for diabetic patients. Turnip tops, or sprouts of old turnips, may be used in salads or boiled as greens.

TURNIPS WITH CREAM SAUCE

6 white turnips or three rutabagas
2 tablespoonfuls butter
2 tablespoonfuls flour
½ pint milk
½ teaspoonful salt
1 saltspoonful pepper

Pare the turnips; cut into cubes of a half inch; throw into cold water for half an hour; put into a saucepan of unsalted boiling water and cook in the vessel, uncovered, for about thirty minutes, or until they are white and transparent; drain in a colander. Rub the butter and flour together and add the milk, salt and pepper; stir until boiling. Put the turnips into a heated vegetable dish; pour over the sauce and send at once to the table.

MUSHROOMS

Mushrooms and truffles belong to the group of fungi—plants without *chlorophyl*—green coloring matter. They are usually placed among the nitrogenous foods simply because they do not contain starch or sugar. Some varieties contain ninety per cent. of water; of the remaining ten per cent. a portion is vegetable fibre—nitrogenous material. The nitrogen they contain, however, is not valuable for tissue building.

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They are food adjuncts rather than true foods. Many varieties are dense and difficult of digestion, and for this reason we have not placed them among the foods that take the place of meat.

The subject of selection is too large for the available space in a vegetable cookery book, so I shall give a few recipes for cooking, drying and canning the more common varieties. I should like to emphatically state that there is no royal road to distinguishing the poisonous from the edible varieties of mushrooms, or what the common folks call mushrooms and toadstools. If you do not know the characteristics of the edible mushrooms it is best to avoid all varieties. If you are sure of but one variety, stick to that. The common tests of salt and a silver spoon, or the peeling of the cap, are all fallacies.

All mushrooms are best cooked without peeling with the exception of the puff ball, which should be pared.

In washing mushrooms, take one in each hand, gills down. Plunge them into a basin of water, rubbing the caps with your thumbs. Shake dry and drop into a colander.

Agaricus campestris, the common edible mushroom, is the only one that can be successfully canned. I have canned other varieties but they lose their flavor. *Lepiota procera,* or the "parasol" or "Scotch bonnet" mushroom, is most easily dried; in fact, drying seems to intensify its flavor.

The following recipes will answer for *Agaricus campestris, Lepiota procera, Coprinus micaceus, Coprinus comatus,* and *atramentarius.*

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STEWED MUSHROOMS

Wash one pound of mushrooms; cut into slices. Put them in a saucepan with two tablespoonfuls of butter, a teaspoonful of salt and a half pint of milk. Cover the kettle and stew slowly half an hour. Moisten two tablespoonfuls of flour in a little cold milk; when perfectly smooth, add it to the mushrooms. Bring to boiling-point, add a saltspoonful of black pepper and serve.

CREAMED MUSHROOMS

Stew the mushrooms according to the preceding recipe. When ready to serve, pour them on squares of carefully toasted bread.

BROILED MUSHROOMS

Cut the stems close to the gills. Wash the mushrooms and put them on a wire broiler over the fire, gill sides down; if you broil in a gas stove, gill sides up. Broil five minutes; turn. Put a piece of butter the size of a pea in the centre of each mushroom and dust lightly with salt and pepper. Broil skin side down for five minutes. Have ready squares of neatly toasted buttered bread. Put the mushrooms on the toast, skin side up, and send them at once to the table. Allow five mushrooms to each square of bread, one capping the centre.

BAKED MUSHROOMS

Wash one pint of mushrooms after cutting the stems close to the caps. If the stems are solid, they may be saved for the flavoring of sauces. Crowd them, skin

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side down, in a baking-pan; dust lightly with salt and pepper; pour over a tablespoonful of melted butter and bake in a quick oven twenty minutes. Toast squares of bread; butter and arrange on a hot platter; put five mushrooms on each square of bread, skin side up. Baste with sauce from the pan and send at once to the table.

UNDER A MUSHROOM BELL

Cut rounds from slices of bread with an ordinary biscuit cutter; toast and butter them, and put one slice in the bottom of a mushroom dish. Stem, wash and drain the mushrooms. Put four mushrooms, skin side up, on each piece of bread; dust with salt and pepper; pour over six tablespoonfuls of cream; cover with the "bells," stand the dishes in a baking-pan and then in a hot oven for twenty minutes. Send to the table without lifting the "bells." Have the waitress lift the "bells" after the guests are seated that they may get the full aroma of the mushrooms.

MUSHROOMS IN A CHAFING-DISH

Stem, wash, and cut into slices one pound of mushrooms. Put two tablespoonfuls of butter in the chafing-dish; when it is hot, put in the mushrooms; sprinkle with a teaspoonful of salt and a saltspoonful of pepper; add a half cup of milk. Cover the dish, cook slowly for five minutes, stirring twice; moisten a tablespoonful of flour in a little cold milk; add this to the mushrooms. When they have reached the boiling-point they are ready to serve. To give variety,

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add, at one time, the beaten yolks of two eggs and a half cup of cream in the place of the flour and the milk. If the eggs are added, serve them as soon as they boil, or the mixture will curdle.

"OYSTER" MUSHROOMS

(*Pleurotus ostreatus,* Linn.)

These mushrooms have a distinctive fishy flavor, hence the name. Wash and shake the mushrooms, cut into strips crosswise, rejecting the woody stem. To each pound allow two tablespoonfuls of butter, a teaspoonful of salt and a saltspoonful of pepper. Put the butter in a saucepan; when melted, add the mushrooms, salt and pepper; cover closely and stew for twenty minutes. Moisten two tablespoonfuls of flour in a little cold milk; then add a pint of milk. Turn this into the mushrooms and bring to boiling-point. Add a grating of nutmeg, and serve the same as you would an oyster stew, passing oyster crackers. If the oyster mushrooms are young, they may be trimmed the shape of an oyster, washed, dried, and dusted with salt and pepper. Then dip in beaten egg, roll in bread-crumbs and fry in hot fat. Serve with tomato catsup.

MORCHELLA (Morels, or Cup Fungi)

Morchella esculenta is one of the best known varieties of mushrooms in many of the New England States. They may be stewed, panned or baked the same as other varieties. In France the stems are removed, the mushrooms stuffed with highly seasoned bread-

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crumbs and baked precisely as you would bake a tomato. Serve them with either cream or tomato sauce.

PUFF BALLS

(*Lycoperdon giganteum*)

Pare the puff balls and cut into slices. Be sure that the flesh is perfectly white. Dust the slices with salt and pepper, dip in beaten egg and drop at once in a small quantity of very hot olive oil. When browned on one side, turn and brown them on the other. Drain on brown paper and send at once to the table. If you only find one good-sized puff ball, and you have a number of old *Agaricus campestris,* stew them together; it improves the flavor of both.

MUSHROOM CATSUP

Wash and slice two quarts of mushrooms. Put a layer of mushrooms in the bottom of a stone jar; sprinkle with a teaspoonful of salt. Then put in another layer of mushrooms, another teaspoonful of salt, and so continue until the jar is filled. Cover and stand aside all night. Next day drain the liquor from the mushrooms and chop fine. Measure the liquor; turn it at once into a granite or porcelain kettle, and to each pint allow a saltspoonful of black pepper, a blade of mace, two whole cloves, a teaspoonful of celery seed, a saltspoonful of ground ginger and two bay leaves. Boil rapidly five minutes and strain. Add the mushrooms; boil again five minutes. Take from the fire; add one gill of port wine. Bottle, cork and seal.

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TO DRY MUSHROOMS

Select perfectly clean mushrooms that will not require washing; remove the stems; string the mushrooms on a long cord, using a darning or trussing needle. Hang in the sun and wind. As soon as the sun goes down, bring in and hang near the kitchen fire where they will have sufficient heat to thoroughly finish the drying. Put these in a cheesecloth bag lined with waxed paper; keep in a perfectly dry place. When wanted for use, soak them in water or milk for two hours and cook them without draining.

TO CAN MUSHROOMS

Stem, wash and peel the mushrooms. Pack them in glass jars with glass tops; adjust the rubbers, put the lids on loosely, and stand the jars in a wash-boiler, the bottom of which has been protected with a rack. Surround them half way up with cold water. Cover the boiler; bring to boiling-point and boil continuously for one and a half hours. Lift three jars from the boiler; take the lids off and drop them in a kettle of boiling water. Fill two jars from a third. Lift the lids with a skimmer, touching them only on the edge; put them back on the jars and fasten. Stand the jars back in the boiler. When you have filled the last jar, cover the boiler, bring the water again to boiling-point and boil rapidly for twenty minutes. Lift the jars when they are cool, examining them to see that the tops are firmly fastened.

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SALADS

SALAD PLANTS

Green succulent vegetables not containing starch are attractive, palatable and wholesome served raw with French or Ceylon dressing. One of the best of these is chicory, (*Cichorium Intybus,* Linn.).

Corn salad, or lambs' lettuce (*Valerianella olitoria,* Poll.), an early spring plant fits in nicely between the head or winter lettuce and the delicate summer lettuce.

Imported endive is the most sightly, delicate and palatable of all the salad plants. So far as I know this is not grown in the United States. The entire supply comes from Belgium and is sold only by the pound. We have endive (*Cichorium Endivia,* Linn.), but nothing like the imported variety. One is white, tender and sweet; the other coarse and bitter.

Garden cress or pepper grass (*Lepidium sativum*), is better as flavoring than to eat alone.

Lettuce (*Lactuca sativa,* Linn.) grows everywhere in all varieties. It is always nice, cooling and attractive. The ideal dinner salad is crisp lettuce with French dressing. Any cooked green vegetable may be served cold as a salad. In fact, this is one of the best ways of utilizing the left-overs.

Asparagus, string beans and cauliflower are best with French dressing. Peas and young lima beans are nice with mayonnaise or cream dressing.

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Serve salad after the main or substantial course at dinner; pass wafers and cheese. Salads are wholesome, and should be served every day. They are digested largely in the small intestine. The oil is heat and energy food; the lemon juice or the small amount of vinegar aids in the digestion of other foods.

SALADS

APPLE SALAD

Cut tart apples into dice; mix with mayonnaise or French dressing; serve on lettuce leaves.

IN APPLE CUPS

Cut a slice from the stem end of perfect red-skinned apples; scoop out the flesh and cut it into dice. Mix with it white mayonnaise; fill it into the skins; stand these on a mat, or fern, or lettuce leaf, and serve.

ALLIGATOR PEAR SALAD

Select pears that are a little soft to the touch, and in which the seeds rattle when shaken; put them in the ice chest until very cold; then cut into halves and sink each half into a small plate of cracked ice. Pass a boat of very cold well made French dressing; put a tablespoonful of this dressing into each half, and eat the pear with a spoon, scooping it out as you would a cantaloupe.

ASPARAGUS SALAD

1 bunch asparagus The rule for French dressing

Boil the asparagus. Lift each piece carefully and drain. Stand it aside until very cold; then arrange

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it neatly on a platter with the heads all one way. Pass with it French dressing.

BANANA SALAD

With a sharp knife cut the lid, as it were, from the banana lengthwise, but do not cut it off. Cut it almost to the stem, and then carefully take the fruit from the skin. Cut it into thin slices and put it back into the deep under shell. Arrange this neatly on a breakfast-plate and garnish with crisp lettuce. Put a half teaspoonful of salt, a saltspoonful of paprika, and four tablespoonfuls of oil into a bowl; mix well and add the juice of a lemon; baste the bananas well with this, putting a few drops on the lettuce leaves. Put over the lids, leaving them half open. If you have nasturtiums, garnish one end with one or two flowers and send to the table.

STRING BEAN SALAD

This may be made from left-over string beans. If you cook beans specially for salad, string and boil without cutting, and let them get very cold. Dish neatly on a platter or in a salad bowl, and pour over French or Italian dressing.

STUFFED BEET SALAD

Select uniform beets, allowing one to each person. Wash and cook in boiling unsalted water until you can pierce to the centre with a fork; drain; cut a slice from the stem end, slip the beet out of the skin and stand aside until cold. When cold, cut a slice from the root end, just enough to make the beet stand. Cut a slice from the top and scoop out the centre, leaving

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a wall a half inch thick. Chop the portion that you have scooped out; mix with it green peas or a little finely chopped celery; mix with mayonnaise dressing and put it in the beet cups. Stand the cups in little nests of lettuce leaves and serve.

BOBOTEE SALAD

¼ pound Jordan almonds
1 teaspoonful curry powder
1 pimiento
1 head chicory
2 good-sized bananas
½ teaspoonful paprika
4 tablespoonfuls cold boiled rice
6 tablespoonfuls olive oil
2 tablespoonfuls vinegar
1 tablespoonful chopped Spanish onion
½ teaspoonful salt

Blanch and chop the almonds; shred the pimiento; mix it with the almonds; add the onion, curry, salt and paprika. Peel the bananas and cut into thin slices; add the rice, and toss with the other ingredients. Line the salad bowl with the chicory; put in the salad. Mix the oil and vinegar thoroughly, and, if you have it, add a teaspoonful of Worcestershire sauce or soy. Pour it over the salad; mix and send at once to the table.

CHERRY SALAD

Select large ox heart or black eagle cherries; stone carefully without breaking the cherries; put these on crisp lettuce leaves on individual dishes; pour over French dressing and serve.

SPRING SALAD

Make a cherry salad according to the preceding recipe; fill it into cups made from halves of orange skins and serve them on crisp lettuce leaves.

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CHINESE SALAD

1 cup rice
½ can mushrooms
6 tablespoonfuls oil
1 tablespoonful soy
2 tablespoonfuls lemon juice
¼ pound almonds
1 teaspoonful salt

Wash and boil the rice; dry and cool it. It must be sufficiently dry when cold to be taken up in the hands without stickiness. Put the rice into a bowl; sprinkle over the salt. Blanch the almonds, dry, chop and sprinkle them over the rice. Make a French dressing; beat it until quite thick and then add the soy. Slice the mushrooms; put them over the nuts and then pour over the French dressing. Toss and serve on lettuce leaves. It is wise to mix the rice in one bowl and have the lettuce dry in another. In dishing, put the lettuce on the serving-plates and ladle in the salad.

PLAIN CUCUMBER SALAD

Select fresh crisp full-grown cucumbers. Pare and soak in cold water for half an hour, then slice very fine. Throw into ice water for one or two hours; drain; put them in a towel; twist slightly to dry. Place them in a salad-bowl that has been lined with lettuce leaves and serve with French dressing.

CABBAGE SALAD

Cut a hard head of cabbage into halves; shave with a slaw-cutter, or with a knife, as fine as possible. As fast as it is shredded, throw into a bowl of ice water; soak two hours, changing the water once. At serving time drain the cabbage, lay on a towel and twist the towel, wringing it dry. Put it in a salad-bowl, pour

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over French dressing, mix thoroughly, and serve. In winter the cabbage may be mixed with a little chopped celery, or use in the dressing celery seed or celery salt.

CABBAGE SALAD IN A CABBAGE-CUP

Select a medium-sized hard head of cabbage. Cut a thick slice from the top; remove centre of head, leaving a wall of three or four leaves. Trim the stem end so that the "cup" will stand. Chop fine the cabbage removed from the centre; throw it into cold water. When ready to serve, drain, spread on a clean towel and wring until the cabbage is dry; mix with it a well-made Farmer's dressing, Sidney Smith's dressing, or plain mayonnaise. Decorate the cabbage-cup on the outside with whole cloves, sticking them in up to the heads. This may be done in rows or diamonds, or in Walls of Troy. Fill the mixture into the cabbage-cup; stand on a round plate and serve.

CANTALOUPE SALAD

If cantaloupes are not sufficiently tasty to be eaten as fruit they may be used the same as alligator pears, made very cold and served with French dressing.

CAULIFLOWER SALAD

Wash and soak a loose head of cauliflower; drain it; tie in cheesecloth and drop in a kettle of boiling salted water. Boil uncovered thirty minutes; when done, lift the cover; drain the cauliflower in a colander and then with a sharp knife cut it apart into flowerets and stand aside until very cold. At serving time arrange

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these neatly in a salad-bowl, with or without lettuce; dust it thickly with chopped parsley; pour over French dressing, and serve.

CELERY SALAD

Wash, cut and soak the desired amount of crisp celery. At serving time, drain and dry. Put into a salad-bowl, pour over French dressing, and mix thoroughly. Celery may also be served with mayonnaise dressing at supper or luncheon.

CHICORY SALAD

Chicory, endive, Romaine, corn salad, cress, escarole and dandelions are simply washed, soaked in cold water until crisp, drained, dried and served with French dressing.

CARROT SALAD

Scrape, cut into slices and then into fancy shapes, four large carrots. Soak in cold water for half an hour, and then cook in boiling unsalted water until tender. Drain and dry. Line the salad bowl with crisp lettuce leaves, and arrange on top the carrots. Use French or Italian dressing.

MOCK CHICKEN SALAD

Cut cold left-over mock turkey or chicken into cubes; mix with this half the quantity of crisp celery cut into dice of the same size; season with salt and pepper; put over the juice of half a lemon; mix carefully with mayonnaise dressing, and serve on a bed of lettuce leaves. Garnish the dish with olives, hard-boiled eggs cut into quarters, and capers. Sprinkle with toasted pine nuts, if you have them.

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CHIFFONADE SALAD

This salad is made of various vegetables. Mix a few leaves of lettuce, tender leaves of dandelion and chicory; cut crisp celery into inch lengths, then shred it; cut cold boiled beets into slices lengthwise and shred them; a few shreds of boiled cauliflower; mix, and put in a salad bowl that is nicely lined with lettuce. Sprinkle over the top a tablespoonful of finely chopped parsley, a tablespoonful of finely chopped chives. Pour over French dressing, mix and serve.

COMBINATION SALAD

This salad is made from a combination of almost all the vegetables at hand—lettuce; a slice or two of cucumber; young spring onions, cut very fine; crisp celery, shredded; pickled or boiled beets, cut into fancy shapes; a few pieces of carrots if you have them, and a slice of tomato. Mix and serve with French dressing. The best way to make combination salad is to buy a can of macedoine and then mix with it such vegetables as you happen to have on hand, seasoning it with either chives or Spanish onions.

EGG SALAD

6 hard-boiled eggs
1 head lettuce
½ cup mayonnaise dressing
1 tablespoonful chopped parsley
1 tablespoonful chopped chives
2 tablespoonfuls vinegar
½ teaspoonful paprika
½ teaspoonful salt
1 saltspoonful pepper

Remove shells from eggs and cut into halves crosswise. Take out the yolks and take a chipping from the bottom of each white to make it stand. Mash the yolks through a sieve; add the salt, pepper, chives and parsley. Then add gradually the vinegar. Make this

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mixture into balls and put them into the whites of the eggs. Garnish a round dish with lettuce leaves; stand the eggs in the centre; add the paprika to the mayonnaise, mix; put a teaspoonful on the top of each yolk and send at once to the table. The appearance of the salad may be varied by slitting the whites of the eggs down in the form of a daisy, putting the balls in the centre. Then pass the mayonnaise in a boat.

EGG AND BEET SALAD

Chop fine a good-sized pickled or boiled beet. Poach six eggs until rather hard; trim neatly and stand aside until very cold. When ready to serve put each egg in a nest of crisp lettuce leaves; cover it over with the chopped beet; put right in the centre a teaspoonful of stiff mayonnaise, and serve. These are nice in the summer with sandwiches, for supper.

MOCK FISH SALAD

Cut cold left-over mock fish into dice. Heap on lettuce leaves; put over mayonnaise or cream dressing, and serve at once.

GRAPE FRUIT SALAD

Peel large solid grape fruit, remove all the white skin, and, with a sharp knife, cut around each carpel, taking it out clean. Arrange these carpels on lettuce leaves. Rub the bottom of the bowl with a clove of garlic; put in six tablespoonfuls of olive oil, half a teaspoonful of salt, half a teaspoonful of paprika; mix thoroughly and add a bit of ice; add any juice that may have come from the grape fruit while you were cutting

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it and a teaspoonful of tarragon vinegar. Mix thoroughly; pour the dressing over the fruit, and serve. Sour oranges may be used in the same way.

HONOLULU SALAD

Mash a half pint of cottage cheese or one roll of Neufchatel, adding two tablespoonfuls of melted butter. Roll this mixture into balls the size of an English walnut. Cover a shallow plate with crisp lettuce leaves. Heap in the centre the cheese-balls; cover with two tart apples, pared and cut into very thin slices, a tablespoonful of pearl onions and one of chopped parsley. Pour over a French dressing and serve.

INDIAN SALAD

Select rather thick, smooth cucumbers, allowing a half cucumber to each person. Peel and chill in cold water for an hour; then cut into halves, and, with a tablespoon, scoop out the seeds. With a sharp knife cut out a portion of the flesh, leaving a wall one-eighth of an inch thick. Chop the cucumber that you have taken out; add to it half the quantity of chopped onion; sprinkle with a saltspoonful of celery seed, or add to it four tablespoonfuls of finely chopped celery. Drain the cucumbers and dry with a soft cloth. Dish each half on a breakfast-plate and garnish with lettuce leaves or celery tops. Fill them with the mixture. Press the yolks of four hard-boiled eggs through a sieve. Baste the salad carefully with French dressing; dust the top thickly with the yolk of the egg and down through the centre put a strip of finely chopped chives or parsley. Send to the table. This makes an exceedingly nice spring salad for a green-and-white luncheon or dinner.

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JAPANESE SALAD

Wash and boil one cupful of rice. When dry and perfectly cold turn it into the centre of a shallow platter or bowl. Garnish the edge of the dish with crisp lettuce leaves; here and there among the leaves put a hard-boiled egg cut into quarters; put a heavy rope of finely chopped pickled or boiled beets around the edge of the rice; inside of this put a row of sliced stuffed olives. Pour over French dressing, mix and serve.

LADIES' LUNCHEON SALAD

2 pimientos
½ pound grated cheese
24 olives
6 tablespoonfuls thick cream
1 head lettuce, or Romaine
2 cupfuls carefully boiled rice
½ teaspoonful paprika

Wash the lettuce and throw it into cold water until very crisp; then shake and dry. Put the cheese in a bowl; add the cream, a saltspoonful of salt and a dash of red pepper; when smooth, form into balls half the size of an English walnut. Cut the pimientos into shreds; stone the olives by paring them around and around, as you would an apple. Make the French dressing, and have it very cold. At serving time, put the lettuce in a bowl; cover over the cold boiled rice; heap in the centre of this the cheese balls and garnish the rice neatly with the shredded pimientos; add the paprika to the French dressing and beat thoroughly; baste it over the salad, and serve at once. Onions or garlic may be added, or a cupful of finely chopped celery.

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MACEDOINE SALAD

Mixed vegetables, well cooked, either canned or fresh, are called macedoine. If canned, drain, wash and arrange them neatly on lettuce leaves; pour over French dressing and serve. Macedoine may also be served in beet-cups, or in carefully cooked turnip-cups, or in the red skins of apples.

NUT SALAD

Make a plain grape fruit salad. When you have it ready to serve, cover the top thickly with finely chopped almonds and pecans, mixed. Pour over French or Italian dressing, mix, and serve.

OLIVE SALAD

2 hard-boiled eggs
1 head lettuce
1 small cucumber pickle
1 boiled beet
24 olives
1 teaspoonful onion juice,
1 boiled potato

Stone and chop the olives; cut the beet and the potato into dice; chop the pickle. At serving time line the salad-bowl with lettuce leaves; put in the beet and potato, the pickle and olives, then a dusting of salt and pepper, and the hard-boiled eggs cut into slices. Pour over French dressing, mix carefully, and serve.

GREEN PEA SALAD

Mix one pint of green peas with either mayonnaise or cream dressing. Heap them on lettuce leaves and send at once to the table. This salad is pretty served in scooped out tomatoes.

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POTATO SALAD, No. 1

Boil four good-sized potatoes. While these are boiling cut a good-sized onion into very thin slices; put it in a bowl with a teaspoonful of salt, a saltspoonful of pepper and six tablespoonfuls of olive oil; mix until the salt is dissolved; then add two tablespoonfuls of vinegar. When the potatoes are done, slice them while hot into this mixture, toss carefully without breaking the potato, and stand aside to cool. When cold, turn out on a small platter and garnish with parsley and finely chopped pickled beets.

POTATO SALAD, No. 2

Cut cold boiled potatoes into dice; mix with Farmer's or Sidney Smith's salad dressing. Serve on a platter garnished with lettuce leaves.

TOMATO SALAD

Put small, smooth, round tomatoes into a wire basket and plunge them in hot water; drain, remove the skins, and stand at once in a very cold place or on the ice. When ready to serve remove the hard part from the stem end, turn each tomato upside down on a lettuce leaf, put a spoonful of mayonnaise on the top of the tomato, and serve at once.

TOMATOES en SURPRISE

1 onion
1 small green pepper
1 small cucumber
6 solid tomatoes
1 cupful grated cheese
1 head lettuce
½ pint mayonnaise dressing
1 teaspoonful paprika
1 saltspoonful salt

Wash and remove the seeds from the pepper and chop it fine; peel the cucumber and throw it into cold water;

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scald and peel the tomatoes; when very cold, cut a slice from the stem end, remove the seeds and the hard core. Wash and dry the lettuce. Chop the cucumber; add it to the pepper; add the onion, chopped, half the paprika and the salt. Fill the mixture into the tomatoes. Turn them upside down on the lettuce leaves. Mix two tablespoonfuls of mayonnaise and the paprika with the cheese; form into tiny balls; stand one or two balls with each tomato on the lettuce leaves; put a tablespoonful of mayonnaise on top of each tomato and use at once.

CEYLON TOMATO SALAD

Peel the tomatoes, cut into halves and press out the seeds; cut the flesh into dice and stand aside until very cold. When ready to serve, put a tablespoonful of the tomato into a crisp lettuce leaf, put on top a tablespoonful of Ceylon salad dressing, and send to the table.

Crisp cucumbers may be chopped and served with Ceylon dressing as an accompaniment to mock fish.

SPANISH SALAD

1 can pimientos
1 can macedoine
Juice of one lemon
½ pint mayonnaise dressing
2 tablespoonfuls powdered gelatin

Cover the gelatin with four tablespoonfuls of cold water; let it stand ten minutes, then add a cupful of boiling water. Stir until the gelatin is dissolved, and add the juice of the lemon. Remove the pimientos from the can, rinse carefully in cold water, and cut off the tops to make them even. Open one pimiento at a time, and put it in an after dinner coffee-cup or

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a small round mould, allowing one to each person. Drain the macedoine and fill the cups. Add to the jelly a half teaspoonful of salt and a dash of red pepper. Fill the cups with the jelly and stand aside to harden. At serving time, turn out on lettuce leaves and pass with them mayonnaise. The stuffing may be changed to give variety or to make a more substantial salad. You may use nuts, cheese, or other vegetables. A stuffing of apple and celery is very agreeable.

A NICE SUPPER SALAD

1 head crisp lettuce
½ pint pecans and pine nuts, mixed
¼ pound almonds
24 olives
2 good-sized tart apples
2 heads celery
½ teaspoonful paprika
½ teaspoonful salt

Blanch the almonds; dry and mix with the other nuts; chop rather fine. Cut the celery into inch lengths and shred it; mix it with the nuts. Pare, core and slice the apples; add them to the mixture. Sprinkle over the paprika and then the salt, and, if you like, a tablespoonful of onion juice. Pour over six tablespoonfuls of olive oil. Toss until each piece of the salad is covered with the oil, then put over the juice of a lemon. Mix again, and serve a tablespoonful in the centre of a crisp lettuce leaf.

WALDORF SALAD

The original Waldorf salad is made by mixing thin slices of tart apples with white mayonnaise dressing. It is always served without lettuce leaves. There are many imitations, however. Some are composed of chopped celery and apple served on lettuce leaves; others are a mixture of apple and lettuce with chopped English walnuts.

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SALAD DRESSINGS

FRENCH DRESSING

Put four tablespoonfuls of olive oil in a cold bowl; if possible, put in a small piece of ice. Add a half teaspoonful of salt, a saltspoonful of pepper, and stir until the salt is dissolved, add a tablespoonful of vinegar or lemon juice. Beat for at least three minutes until the dressing is as thick as good cream. Use at once. Dress dinner salads at the table if possible. They must be served as soon as dressed or the vegetables wilt and become tough.

ITALIAN DRESSING

Rub sides and bottom of a bowl with a clove garlic, then put in a half teaspoonful of salt, a saltspoonful of pepper and six tablespoonfuls of olive oil; add a piece of ice, if possible; stir until the salt is dissolved, then add a tablespoonful of vinegar or lemon juice. Beat until thick; use at once.

MAYONNAISE DRESSING

Put the uncooked yolks of two or three eggs in a clean cold soup-dish; add a half saltspoonful of salt and a dash of cayenne. With a fork or spatula work all these well together and add, a teaspoonful at a time, a half pint of olive oil. Stir constantly and rapidly while adding the oil. Be careful to thoroughly incorporate each teaspoonful of oil before adding the next. Stir in at last one tablespoonful of

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vinegar or lemon juice. In warm weather, chill the eggs and the oil before mixing and stand the plate on ice. This dressing will keep several days if closely covered.

Too much vinegar or lemon juice thins the dressing. If a slightly sour salad is wanted, season the salad materials, not the dressing.

Whipped cream may be added to mayonnaise when it is ready to be used. The cream must be well whipped and drained or it will thin the mayonnaise.

WHITE MAYONNAISE

Make a mayonnaise dressing, selecting light-colored eggs, and use lemon juice instead of vinegar. When the dressing is finished, add a drop of green coloring and a half pint of cream whipped to a stiff froth. This is used for Waldorf, yellow tomato and pineapple salad.

FARMER'S DRESSING

½ pint milk
1 tablespoonful cornstarch
Yolks of four eggs
2 tablespoonfuls butter
½ teaspoonful salt
1 saltspoonful pepper
Juice of 1 lemon or 3 tablespoonfuls vinegar

Put the milk in a double boiler; when hot add the cornstarch moistened in a little cold milk. Stir until smooth and thick; take from the fire; add the egg yolks, beaten, and stir again over hot water until the eggs are cooked and the dressing is thick. Take from the fire and add the butter, salt and pepper; when these are well mixed, add slowly the vinegar and stand away to cool.

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CREAM DRESSING

3 hard-boiled yolks of eggs
½ cup thick sweet cream
6 tablespoonfuls clarified butter
1 raw egg yolk
Juice of half a lemon, or
2 tablespoonfuls vinegar
½ teaspoonful salt
1 saltspoonful pepper

Press the hard-boiled yolks through a sieve; rub them with a spatula or spoon to a paste; add the raw yolk and then add slowly the cream and butter; mix the same as mayonnaise. When smooth and thick add the lemon juice or vinegar, salt and pepper. This dressing is used for crisp celery or cabbage.

SIDNEY SMITH'S SALAD DRESSING

Press two hot and mealy boiled or baked potatoes through a sieve; add a half teaspoonful of salt, a teaspoonful of onion juice and the raw yolks of two eggs. Rub these to a smooth paste. Add four tablespoonfuls of olive oil, or clarified butter, and two of vinegar. Press again through the sieve and put away to cool. Use on shaved cabbage or potato salad served at luncheon or supper.

CEYLON DRESSING

Grate one cocoanut and cover it with one quart of boiling water; stir well and wrap it in a piece of cheesecloth; wring it dry. Throw the grated cocoanut away. Put the "milk" in a pan in a cold place. When cold take off the "cream," add to it a very little salt and the juice of half a lemon. Use at once. This is very nice on grape fruit, oranges, pineapple, apple and celery, chopped tomatoes or cucumbers.

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A GROUP OF PLANTS USED AS FLAVORINGS

With the exception of garlic, chives and shallots, all these plants, if collected before flowering, may be dried and put away for winter use.

Parsley, chervil, tarragon, capers, the fruit of the nasturtium (called mock capers), bay leaves (*Laurus nobilis,* Linn.), marjoram, summer savory, dill, fennel (of which the seeds only are used), sage, garlic (*Allium sativum*), shallots (*Allium ascalonicum,* Linn.), and chives (*Allium schoenoprasum,* Linn.) are seasonings. Most of these may be purchased in any market. With the exception of bay leaf, all may be grown in a kitchen garden. Five cents' worth of bay leaves from the druggist or grocer will last a year. They are used in stews, soups and sauces.

Young mustard leaves (*Brassica alba*), sweet and bland, are nice alone or mixed with lettuce for salad.

Water cress (*Nasturtium officinale,* R. Brown), when young, is quite sweet and pleasant. The old plants are too pungent to be eaten alone. Mix with chicory or young dandelions; they make an excellent dinner salad.

Sorrel (*Rumex acetosa,* Linn.) is used in the Spring as flavoring to lettuce or corn salad.

HOW TO DRY HERBS

During the summer, when herbs are in their highest state of perfection, full of juice, just before the flowering, they should be gathered for drying. The gathering should be done on a perfectly dry day, about two

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days after a rain, early in the morning or after sundown. Take the leaves from the stems and spread them out on boards covered with brown paper. Stand the boards in a warm oven, and dry quickly to preserve the flavor. When dry, put them into glass jars, screw down the tops and stand them at once in the kitchen closet. The bottles must be perfectly dry and the herbs cold when they are put in, or they will sweat and spoil. Mark the jars plainly on the outside to avoid confusion.

GARNISHES FOR SALADS AND COLD EGG AND MOCK MEAT DISHES

Aspic—A savory jelly used to garnish salads and other cold dishes.

Fringed Celery—Very attractive on mock chicken salad and nut meats in aspic.

Carrots—Blend nicely with green salads, as lettuce and chicory; boil and cut them into fancy shapes.

Nasturtiums—Flowers are pretty on nut and apple salads; banana salad in banana skins looks well in a bed of nasturtium flowers.

Hard-boiled egg—Used on cabbage, mock chicken and German potato salad.

Parsley—Generally used for mock meat or egg dishes; chopped in creamed dishes or stews.

Chervil (*Myrrhis odorata,* Linn.) is a pungent aromatic plant just a little like anise; is agreeable with lettuce or egg dishes.

Tarragon (*Artemisia dracunculus*) is used for salads. A handful in a quart of vinegar will last a year. The leaves may also be dried and powdered for

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sauces and stews. Tarragon vinegar can be purchased of any grocer.

Capers—Used to garnish mock chicken salad.

Pimientos—Cut into strips are pretty on lettuce, chicory, or mock chicken salads. Chopped and sprinkled over boiled rice for curry or in stews they not only garnish but flavor as well.

FLAVORINGS FOR SWEET DISHES

Angelica (*Archangelica officinalis,* Linn.) is a plant somewhat like rhubarb in size and appearance. It is conserved and used in small quantities to flavor puddings; cut into fancy shapes it is used as a sweetmeat and to decorate cakes and cold puddings.

VANILLA SUGAR

Split two good oily vanilla beans into halves lengthwise on a white platter or a sheet of white paper. The seeds contain the greater portion of the aroma and flavor. Being small and black they cannot be seen on a dark surface. With a silver knife scrape them out and mix them at once with a half pound of loaf sugar. Beat this in a mortar until the sugar is well broken and dark. Bottle and cork tightly.

The bean shells may be broken into bits, put into a bottle with half alcohol and half water, to use at once. This will keep for a month but not longer.

VANILLA EXTRACT

Cut four good vanilla beans into halves, then into bits, being careful not to lose the seeds. Put them in a quart fruit-jar with a glass top; add a pint of good alcohol. Adjust the rubber and fasten the top securely.

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BREADS

For convenience I have added a small department for breads. For a greater variety of recipes and the reasons why, I refer you to my book on Bread-making.

YEASTS (*saccharomyces*)

Yeasts are living plants belonging to the large group of *fungi,* so called, because they do not contain *chlorophyl,* the green coloring matter of plants. One variety (known as *Saccharomyces cerevisiæ*) is best adapted to bread-making. It is quite impossible, however, for anyone to put out for household purposes a perfectly pure growth of yeast; because the air is filled with wild yeast plants which are continually dropping into the sponge and on the pans and utensils which are used for bread-making. The moist compressed yeasts rolled in tin-foil are perhaps the best of the commercial varieties. The dry yeasts, especially the cakes, are not active because so many of the plants die in the drying. For this reason they are slow and rather unsatisfactory. The compressed yeast is also known as German yeast, and, being compressed, contains many more yeast plants than can be obtained in the same volume of dry or liquid yeasts.

The term "sponge" is used in bread-making to denote a batter that can be beaten and dropped from a spoon. "Dough" is a batter sufficiently thick to be kneaded with the hands. With compressed yeast the best bread is made by making a dough at once, while with the dry yeast a sponge gives better results.

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HOME-MADE YEAST

To make good home-made yeast, grate four medium-sized potatoes into a quart of boiling water. Bring to boiling-point, and when cool, add two tablespoonfuls of salt, four tablespoonfuls of sugar, and half a cake of compressed yeast or one dry yeast-cake that has been soaked in warm water for half an hour, or you may use a half cupful of left-over home-made yeast. Stand this in a jar in a warm place and beat it down each time it comes to the top of the jar until it ceases to bubble. Screw down the lid of the jar and stand it in a cold place. For four loaves of bread, use one cupful. Save a cupful of this yeast to use as a starter for yeast again.

WHOLE WHEAT BREAD

On account of the different conditions of flour it is impossible to give an accurate quantity. You must use your judgment to a certain extent, keeping the amount of yeast and liquid uniform. For instance, the quantity following will make four box loaves of bread. If you wish to make eight, double the yeast, the liquid, the salt and the flour.

Scald one pint of milk; add one pint of water and a half teaspoonful of salt; and when the mixture is lukewarm add one cake of compressed yeast moistened in two tablespoonfuls of warm water. Add sufficient flour to make a batter and beat thoroughly for ten minutes. Cover and stand in a warm place for two and a half hours. Then add sufficient flour to make a soft dough. Knead this dough quickly until it loses its stickiness. Divide it into three or four loaves;

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put each loaf in a square pan; cover and stand for an hour in the same warm place, about 75° Fahr., until it has doubled in bulk; brush the top quickly with warm water and put it in a hot oven. When brown, reduce the heat and bake three-quarters of an hour. Turn each loaf from the pan; stand on a board covered with a cloth, but do not cover the loaves. It is better to tip the bread, so that the air may circulate around the entire loaf. This makes a nice crisp crust.

WITH DRY YEAST

Put two cakes of dry yeast in a half cupful of warm water; let soak half an hour; then add six or eight tablespoonfuls of whole wheat flour; beat and stand aside for two hours. This should be kept at a temperature of about 80° Fahr. At bedtime scald a pint of milk; when lukewarm add a pint of lukewarm water and the "starting" sponge, which by this time should be very light. Add a half teaspoonful of salt and a tablespoonful of sugar. Sugar is objectionable in bread, but with dry yeast sometimes seems necessary to encourage the growth of the plant. Now proceed as in the first recipe, making a sponge which should be covered and kept at about 65° or 70° Fahr. over night. Early in the morning add flour, knead, divide into loaves, and finish precisely the same as in preceding recipe.

WHITE BREAD

Scald a pint of milk. Add to it a pint of water, a half teaspoonful of salt, and, when lukewarm, one cake of compressed yeast moistened in two tablespoonfuls of warm water. Add sufficient flour to make a

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batter and beat thoroughly; then continue adding flour until you have a stiff dough. Turn this dough out on a board and knead continuously until it loses its stickiness and becomes soft and elastic. Brush a bowl with melted butter, put in the dough and brush the top of the dough with melted butter. Cover and stand in about 75° Fahr. for three hours. Then divide it into three or four loaves. Put each loaf into a greased box-pan, brush the top with melted butter, cover and stand about one hour in the same warm place until it has doubled its bulk. Put the loaves into a quick oven until brown; then reduce the heat and bake three-quarters of an hour. Turn out on a board or tilt them against the pans so that the air may circulate around them. Do not add sugar nor shortening to bread. It spoils its digestibility and prevents it from keeping. Dry bread that crumbles the second day after baking contains too much flour; probably added while kneading.

WITH DRY YEAST

Manipulate precisely the same as for whole wheat bread with dry yeast.

GLUTEN BREAD

Scald a pint of milk, and when lukewarm add one cake of compressed yeast moistened in a half cupful of lukewarm water. Add a half teaspoonful of salt and two cupfuls of gluten flour. Beat thoroughly and stand in a warm place until very very light—for two and a half to three hours. Then add the well-beaten whites of two eggs and sufficient flour to make a dough that can be manipulated with a spoon; it

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must be too thick to beat and not sufficiently thick to knead. Pour this into greased square pans, filling them half full; cover and stand in a warm place until very light. You can tell this by lifting the pan. When the dough seems to have lost its weight and the pan is light, put it into a moderately quick oven and bake three-quarters of an hour. Gluten bread, to be perfect, must be rather coarse grained, perfectly light and well baked. It will always be more or less sticky on account of the gluten.

GRAHAM BREAD

To make one Graham loaf, put a pint of whole wheat sponge, after it is light, into a bowl. Add a tablespoonful of New Orleans molasses and sufficient Graham flour to make a stiff batter, one that can be manipulated with a spoon, but not kneaded. Turn this into a square greased pan, cover and stand in a warm place. When it has doubled its bulk and is light, brush the top with water and bake in a moderate oven three-quarters of an hour.

CORN LOAF

Scald one pint of milk; when hot, add a half cupful of cornmeal. Stir until it reaches the boiling-point; take from the fire and add another pint of milk. When lukewarm, add a half teaspoonful of salt and one compressed yeast cake moistened in a half cupful of warm water. Add sufficient white flour to make a dough. Knead lightly. Grease the bowl with melted butter and put in the dough. Brush the top of the dough with melted butter, cover and stand in a

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warm place—about 75° Fahr.—for three hours. Then divide it into three loaves and put into greased square pans. Brush the top of each loaf with a little melted butter and cover. When they have doubled their bulk, bake them in a moderately quick oven three-quarters of an hour. If bread is sufficiently light when it goes in the oven, it must be crusted quickly, or it will crack at the side.

RYE BREAD

Make rye bread precisely the same as whole wheat bread, using rye flour instead of whole wheat.

PARKER HOUSE ROLLS

This recipe will answer for Parker House rolls, tea rolls, tea biscuits—in fact, any small light roll. It may also be made into Vienna rolls. The manipulation and baking of all these are practically the same.

Scald a pint of milk; add to it, while hot, four tablespoonfuls of butter, a half teaspoonful of salt and two tablespoonfuls of sugar. When lukewarm, add one compressed yeast cake moistened in a half cupful of lukewarm water, or you may add two dry yeast cakes that have been made into a "starting" sponge. Add three cupfuls of flour, beating all the while. Then add sufficient flour to make a dough. Turn this out on a board and knead continuously fifteen or twenty minutes until the dough is soft, elastic, and free from stickiness. Put it back in the bowl; cover and stand in a temperature of about 80° Fahr. for two and a half to three hours, until very light. Then turn the dough carefully on a board, roll it out, cut into rounds, and press a knife handle down in the centre of

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each round. Brush one half of each round with a little melted butter, and fold over the other half, pressing it down. Stand these in a pan where they will not touch each other, cover, and stand in a warm place until very light—about one hour. Brush the tops lightly with milk and bake in a very quick oven fifteen minutes.

This dough may be made into small round biscuits a little larger than an English walnut, each biscuit put into a greased gem pan and baked as tea rolls.

QUICK BREADS

UNLEAVENED WHOLE WHEAT BREAD

Mix a half pint of milk with a half pint of water. Rub into one quart of flour, two tablespoonfuls of table butter or nut butter; add gradually the milk and water. You must have a hard, almost dry, dough. Knead this dough for fifteen minutes, then pound it with a hatchet or ordinary beefsteak pounder, folding it over, enveloping the air. Cut the dough into quarters; roll each piece just as thin as possible. Cut into rounds or squares, lay them in a lightly greased pan, and bake in a moderate oven until crisp and slightly brown. One flour may be substituted for another. The only thing to be remembered is that the dough must be very hard and must be well manipulated.

BAKING POWDER BISCUIT

Put two rounded teaspoonfuls of baking-powder and a half teaspoonful of salt into a quart of flour. Sift once or twice. Rub in quickly two tablespoonfuls of

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shortening, either table butter, cocoanut butter, or nut butter, or, if you have cream, omit the shortening and moisten the flour with the cream. After adding the shortening, add a cup and a half of milk. The dough must be moist but not wet. Add the milk gradually, because if you have too much milk and you add it all at one time you cannot add more flour to the dough, or the biscuits will be hard and tough. Turn the biscuits out on a floured board and roll them quickly into a sheet a half inch thick; cut with a small round cutter. Brush the tops of the biscuits with milk and bake in a quick oven twenty minutes. This recipe will answer for rye, Graham, whole wheat and white flour.

TEA GEMS

1 pint milk
4 eggs
2 cupfuls cornmeal
1 cupful white flour
1 teaspoonful salt
2 teaspoonfuls baking-powder
1 tablespoonful butter

Separate the eggs; beat the yolks and add the milk, salt and butter, melted. Add the cornmeal, baking-powder and flour sifted together. Beat rapidly for about two minutes. Then fold in the well beaten whites of the eggs and bake in greased gem pans in a quick oven for a half hour.

WHOLE WHEAT GEMS

2 eggs
½ pint milk
2 teaspoonfuls baking-powder
1 tablespoonful nut or dairy butter
1½ cupfuls whole wheat flour
½ teaspoonful salt

Separate the eggs; beat the yolks and add the milk, salt and butter, melted. Then beat in the flour. When smooth, put the baking-powder in the centre,

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fold over the batter, and beat quickly. Add the well beaten whites of the eggs and bake at once in twelve greased gem pans for thirty minutes in a quick oven.

DATE GEMS

2 eggs
¼ pound dates
1 cup milk
1½ cups flour
2 teaspoonfuls baking-powder

Separate the eggs. Beat the yolks; add the milk, the flour, and beat until smooth; add the baking-powder and the dates, chopped. Mix thoroughly and fold in the well beaten whites. Bake in twelve greased gem pans, in a quick oven, thirty minutes. Serve hot.

Chopped raisins may be substituted for dates.

FRUIT GEMS

Add a cupful of chopped raisins, figs or currants to the above recipe, and bake in eighteen gem pans.

MUSH BREAD

1 pint milk
4 eggs
½ teaspoonful salt
½ pint granulated, yellow or white, Southern cornmeal

Put the milk in a double boiler; when hot, stir in the cornmeal. Cook until it will drop from a spoon. Take from the fire, add the salt and the yolks of the eggs. Mix thoroughly, and fold in gradually the well beaten whites of the eggs. Turn this into a baking-dish, bake in a moderately quick oven for forty minutes. Serve in the dish in which it is baked. This bread should be served from the pan with a spoon. It is known in the South as "spoon bread."

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POP OVERS

1 cupful milk
1 cupful flour
3 eggs
1 saltspoonful salt

Beat the eggs without separating until light; add the milk. Pour this gradually into the flour, to which the salt has been added, beating all the while. Strain through a sieve. Grease the cups, which should be iron gem-pans or china cups, put them in the oven, and, when very hot, take them out and fill them quickly half full of this thin batter. Put them back in the oven and bake three-quarters of an hour. They should be at least four times their original size. If they fall, they are not thoroughly done. If the oven is too hot, they will not swell; if the oven is too cold, they will be simply a custard. You must learn to regulate the oven with an indicator or a thermometer. With a chemical thermometer the oven should register 360° Fahr.; with an oven indicator the hand will be at seven at the start, and gradually increase until it reaches eight.

SCOTCH OAT-CAKE

¼ pound Scotch or Irish oatmeal
1 tablespoonful butter
½ teaspoonful salt
¼ teaspoonful bicarbonate soda

Put the meal in a bowl. Put the butter and the soda in a cup; fill the cup half full of boiling water, and when the soda is dissolved and the butter melted, pour them quickly into the meal. Add the salt. Take the mixture on a board and knead it until it holds together. Dust the board with dry meal, roll out the oat-cakes into a thin sheet and cut with a sharp knife

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into cakes two inches square. Lift them on a cake turner, put them in a greased pan and bake in a moderate oven until thoroughly baked and slightly browned.

Whole wheat nut wafers may be made in the same manner.

GRAHAM WAFERS

½ cup butter or nut butter
1 cup sugar
1 egg
1 teaspoonful bicarbonate soda
2 tablespoonfuls milk
Graham flour

Beat the butter to a cream; add the egg, and beat again until light. Gradually beat in the sugar. Dissolve the soda in two tablespoonfuls of water, and add it to the sugar mixture. Add the milk, and work in sufficient Graham flour—about three cupfuls—to make a very stiff dough. Knead until the mixture will hold together. Roll into a very thin sheet and cut into two-inch squares. Lift carefully with a cake turner, put into slightly greased pans and bake in a moderate oven until thoroughly crisp and lightly browned—about eight minutes.

OATMEAL WAFERS

Substitute rolled oats for Graham flour, and manipulate precisely the same as for Graham wafers.

SPONGE CAKE

10 good-sized eggs
2 cupfuls powdered sugar
Grated rind and juice one lemon
2 cupfuls flour

Separate the eggs; beat the yolks with an egg-beater until thick and creamy. Add gradually the sugar,

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beating all the while. Sift the flour twice. Add the grated yellow rind and the juice of the lemon to the sugar and eggs. Then fold in the well beaten whites, dust in lightly the flour, and turn at once into a Turk's-head or angel's food pan, and bake in a moderately quick oven for three-quarters of an hour.

A LADY BALTIMORE CAKE

½ cupful butter
1 cupful water
1½ cupfuls sugar
2½ cupfuls flour
2 teaspoonfuls baking-powder
Whites of five eggs

Cream the butter; add gradually the sugar. Add the water, the flour and the baking-powder, sifted. Beat continuously for five minutes. Fold in the well beaten whites. Add a teaspoonful of bitter almond flavoring, and bake in three layers.

Filling—Whip a pint of cream to a stiff froth. Add a half cupful of powdered sugar, a teaspoonful of vanilla, half a cupful of shredded citron and half a cupful of seeded layer raisins cut into halves. When the cake is cold, put between the layers a thick layer of this filling. Dust the top with powdered sugar. If cream is not at hand, boiled icing may be used in its place.

OLD-TIME WHIGS

1 cupful sugar
½ cupful butter
2 eggs
1 compressed yeast cake
1 pint milk
1 teaspoonful cinnamon

Scald the milk, add the butter, and when lukewarm add the yeast moistened in a half cup of warm water. Add the sugar and a pint and a half of flour. Beat

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well; cover in a warm place for three hours; add the eggs, well beaten, and the cinnamon. Cover for another hour and bake in gem-pans in a quick oven.

MOLASSES GINGER CAKE

1 cupful New Orleans molasses
1 tablespoonful ginger
3 tablespoonfuls butter
1 cupful boiling water
3 cupfuls flour
1 level teaspoonful bicarbonate soda

Dissolve the soda in a little cold water. Add the butter to the boiling water; when melted add the soda and the molasses. Beat and add ginger and flour. Bake in a shallow pan in a moderate oven half an hour.

SOUR MILK GINGER COOKIES

1 quart New Orleans molasses
¼ pound butter
2 tablespoonfuls ginger
1 pint sour milk
2 quarts flour
1 level tablespoonful bicarbonate soda

Put the molasses, butter and ginger in a saucepan; heat gently; add the milk, then the soda dissolved in a quarter cup of cold water. Take from the fire, and when lukewarm work in the flour. Roll out, using enough flour to prevent sticking. Cut and bake ten minutes in a quick oven.

NUT MERINGUES

6 whites of eggs
1 pound almonds
1 pound powdered sugar

Blanch, dry and chop the almonds; beat the eggs to a very stiff froth; sift in the sugar, mix carefully, and then add gently the almonds. Drop by spoonfuls on oiled paper, and bake in a moderate oven.

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DATE TARTS

½ pound dates
1 tumbler quince or currant jelly
1 loaf sandwich bread
½ pound almonds and pecans, mixed

Trim the crusts from the loaf of bread; cut it into slices and cut each slice into rounds or stars. Cut a small round from the centre of half these slices, using a biscuit-cutter not more than an inch and a half in diameter. Stone the dates, put them through a meat chopper, adding the almonds, blanched, and the pecans. Add enough orange juice or water to make this into a paste. Spread the solid rounds or stars with this date mixture. Butter the other slices, put the butter side next to the fruit mixture and press them together. Put a teaspoonful of jelly in the small hole, and serve plain or with nut cream. These are nice for children's parties or luncheons.

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SANDWICHES

The square loaf cuts to the best advantage for squares, fingers or triangles. The whole crust may be removed at first or each sandwich may be trimmed. For fancy shapes or rounds, cut slices lengthwise the loaf and spread after they are shaped. Cream the butter before using it. Hard butter does not spread easily and is apt to tear the bread. For ordinary sandwiches it is best to butter the slice on the loaf, then cut it off as thin as possible.

Sandwiches will keep for hours perfectly fresh if wrapped in a damp napkin or towel and placed in a tin box in a cold place.

Sweet and highly seasoned sandwiches must not be kept in the same box.

BROWN BREAD AND BUTTER

Remove the first slice or crust from the bottom of the loaf. Spread the bottom of the loaf with soft butter and with a sharp, thin knife cut off a slice. Cut this slice into halves and put the buttered sides together.

BROWN BREAD AND NUTS

Put chopped pecans or peanut butter between slices of brown bread, instead of plain butter.

FARMER'S SANDWICHES

Rub to a smooth paste a half pint of cottage cheese, adding gradually four tablespoonfuls of melted butter, or olive oil, or thick cream; add salt and black pepper.

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Spread the loaf with butter, after you have removed the crust slice; cut off a thin slice, spread it thickly with the cheese mixture, lay over it, if you have them, watercress leaves; cut the slices into halves and press the cheese sides together.

CLUB SANDWICHES

Toast slices of white bread and butter while hot. Put on one slice a thin layer of pecan sausage, then a lettuce leaf, a teaspoonful of mayonnaise, and then another slice of buttered toast. Press the sandwich together, trim off the crust and cut into halves from one corner to opposite, making triangles. Serve warm.

COLONIAL ROLLS

Cut fresh light bread while still warm into very thin slices; butter with soft butter, roll each slice, and tie with narrow ribbon.

DATE SANDWICHES

Put one pound of stoned dates through a meat chopper, add the juice of one orange and rub to a paste. Spread this mixture between slices of buttered bread; cut into squares, or rounds, or fingers. These are nice to serve with cocoa or chocolate for an evening or as dessert.

BOBOTEE SANDWICHES

Put through a meat chopper two Spanish sweet peppers, a half pint of blanched almonds, one small onion, and one sour apple. Season this mixture with a teaspoonful of curry powder, a half teaspoonful of salt and the juice of one lemon. Mix again and put

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between thin slices of buttered whole wheat or Graham bread. Trim off the crust and cut into triangles.

DATE AND FIG SANDWICHES

Put a half pound of dates, an equal quantity of washed figs, and a quarter pound of blanched almonds through a meat chopper; add the juice of an orange or a little warm water and pack the mixture into a half-pound baking-powder box. Dip the box in hot water, turn out the mixture and cut it into thin slices. Cut thin slices of buttered bread, put a slice of the date mixture between two slices of bread and press together. These take the place of cookies for children and are much better and more wholesome.

EGG SANDWICHES

Hard boil six eggs. Put through a vegetable press, or chop very fine. Put a leaf of lettuce on a thin slice of buttered bread, over this a teaspoonful of mayonnaise, then a layer of the chopped egg. Dust with salt and pepper and lay on another slice of buttered bread. Press together and trim off the crust. Cut into fingers or triangles.

FRUIT SANDWICHES

All kinds of mixed dried fruits may be soaked in water for an hour or two, then chopped or ground and used for sandwich filling. Season with lemon, orange, or a little grape juice. Raisins, currants, dried cherries, prunes, and prunelles may be used singly or blended. In blending use a sweet and a sour fruit, as cherries and prunes, raisins and prunes, or prunelles and prunes.

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Fresh fruits may be sliced and put between slices of buttered bread, or between slices of sponge cake, or between lady fingers. Raspberries are very nice.

CHEESE SANDWICHES

Put a half pound of American cheese through a meat chopper; add to it one tablespoonful of tomato catsup, a teaspoonful of Worcestershire sauce, a saltspoonful of salt, and two tablespoonfuls of melted butter or olive oil. Mix well and put between slices of buttered bread.

SWISS CHEESE SANDWICHES

Put very thin slices of Swiss cheese between buttered slices of rye bread. German mustard may be added if desired. The sandwiches are more wholesome without it.

CHEESE AND EGG SANDWICHES

Put a quarter pound of cheese through a meat chopper; add to it four tablespoonfuls of melted butter or olive oil, three hard-boiled egg yolks mashed, a teaspoonful of Worcestershire, a saltspoonful of salt, and a tablespoonful of vinegar. Mix well and use between thin slices of Graham or rye bread.

HONOLULU SANDWICHES

Put one sour pared apple, one red Spanish pepper, one green sweet pepper, and one Neufchatel cheese through a meat chopper. Add a half teaspoonful of salt; mix and spread between thin slices of buttered white or brown bread.

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JAM SANDWICHES

Spread thin slices of bread with jam; put on each an unbuttered slice, trim off the crust and cut into triangles.

LETTUCE SANDWICHES

Wash and dry fresh crisp lettuce; put a leaf with a teaspoonful of mayonnaise between two slices of thin buttered bread.

LETTUCE AND WALNUT SANDWICHES

Cover each leaf of lettuce with finely chopped walnuts mixed with a little mayonnaise, and put between thin slices of buttered bread.

MINT SANDWICHES

Chop the leaves from a dozen stalks of fresh mint, add a little French dressing; spread a thin layer over buttered bread, fold the slice or roll it. Serve with green pea salad at an afternoon or evening tea or luncheon.

NUT SANDWICHES

Chop any nuts you may have at hand. Moisten with cream, mayonnaise, or cocoanut cream; add a little salt, and put between thin slices of buttered bread. Trim off the crust and cut into fancy shapes.

ROLLED NUT SANDWICHES

Cut fresh bread in thin slices with a sharp knife, or steam slices of bread one day old. This may be done in a sieve or colander over a kettle of hot water.

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Butter quickly, spread with nut paste as in preceding recipe, roll at once and tie with baby or very narrow ribbon. Trim off the crust before rolling.

PEANUT SANDWICHES

Spread peanut butter between thin slices of white or whole wheat bread, or water-thin or other crackers.

TOMATO SANDWICHES

Peel and slice solid small round tomatoes; take out the seeds; cut slices of bread and put on each slice a slice of tomato; fill the spaces from which the seeds were taken with mayonnaise; put over another buttered slice and press lightly. These are sightly and palatable. The tomato may be seasoned with onion or chives and the bread cut into rounds.

VEGETABLE SANDWICH ROLLS

Chop two cold boiled potatoes and mix with an equal quantity of well cooked or canned peas; do not mash the peas; add, if you have them, one or two boiled or pickled beets, chopped, and sufficient cream salad dressing to moisten the vegetables. Cut a slice from the top of butter rolls and scoop out the crumb. Be careful not to break the crust. The roll should be just a crust shell. Fill the roll nearly full with the vegetable mixture; on top of this put a tablespoonful of shredded lettuce or finely chopped celery, or some small crisp leaves of chicory; replace the top and serve.

WINDSOR SANDWICHES

Butter and cut thin slices of bread; cut thin slices of pecan sausage; have ready some dry crisp lettuce

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leaves and a half pint of mayonnaise. Put a slice of nut sausage on a slice of buttered bread; lay on a lettuce leaf, then a teaspoonful of mayonnaise, then another slice of buttered bread, butter side up; on this put another leaf of lettuce, a teaspoonful of mayonnaise and another slice of bread. Press together, trim off the crust, and cut each sandwich into three strips. These are usually tied with baby ribbon.

A FEW SANDWICHES EXTRAORDINARY

CLOVER SANDWICHES

Pick a good-sized basket of fresh sweet clover. Be sure that it is free from sand. Put a thick layer in a large stone crock. Lay over this a pound of sweet butter wrapped in cheesecloth. Spread over more clover. Trim the crust from a loaf of bread, put it in the crock and cover it with a liberal quantity of clover; cover the crock and stand it in a cold place over night. When wanted for use make the same as bread-and-butter sandwiches. These are usually cut into three strips—what are called "finger" sandwiches.

Violet and rose sandwiches are made the same, except a few petals of the flowers are spread over the butter.

NASTURTIUM SANDWICHES

Mash one Neufchatel cheese, adding salt, pepper and almond milk. Put a layer of this paste, covered with nasturtium flowers, between two thin slices of buttered bread. Trim off the crust and cut each into four triangles; each triangle should contain one flower.

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CANNING AND PRESERVING

All fruits may be canned with or without sugar, as the occasion demands. The fruits must be sterile, and this is most easily accomplished in the household by heat. Preservatives of all kinds are more or less dangerous and are never to be recommended. It is a slovenly housekeeper who uses "preserving powders," and runs the risk of making her family ill, rather than to take time and pains with the fruit.

One recipe will answer for all kinds of fruit.

TO CAN SMALL FRUITS WITHOUT SUGAR

First select perfectly ripe, fresh fruits, free from decay and mould. Look them over and if sandy put them in a sieve or colander. Plunge them into a pan of cold water. Lift them out and plunge in the second time, draining carefully. Pack the fruit in perfectly clean glass jars, adjust the rubbers and lay on the lids, but do not screw down or fasten tightly. Stand the jars in a wash-boiler, the bottom of which has been protected by a rack. Surround the jars half way up with cold water. Cover the boiler, bring water to boiling-point and boil five minutes. If the rack has a centre handle, lift all the jars carefully, fill two jars from a third jar and screw down the tops. Put the jars back in the boiler and boil ten minutes. If the

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rack is simply of wooden home-made construction, lift three jars at a time. When you take off the lids do not put them on the table unless you turn them upside down. The table and the air contain spores of both moulds and yeasts which, if they fall on the lid or come in contact with it, will cause the contents of the jar to ferment.

TO CAN SMALL FRUITS WITH SUGAR

Wash and drain the berries as directed in preceding recipe. Allow a half pound of sugar to each pound of fruit. Put a layer of sugar and fruit in the jars, and then proceed precisely as in preceding recipe. Greater care must be taken, as the yeast plants grow in saccharine solutions, and fruits with a little sugar are more difficult to keep than either preserves or those canned without sugar.

TO CAN LARGE FRUITS WITHOUT SUGAR

This recipe will answer for peaches and plums:

Put the fruit in a wire basket or colander and plunge it down into boiling water. Peel off the skins; remove the stones from the peaches and pack the halves at once into the jars. Fill the jars with cold water, adjust the rubbers, and lay on the tops. Put them in the boiler on the rack and surround them with cold water. Cover the boiler, bring to a boil and boil for ten minutes. Lift one jar at a time and screw down the top without removing it. Put jars back into the boiler and boil fifteen minutes longer.

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TO CAN PEACHES AND PLUMS WITH SUGAR

Weigh the peaches and plums after they are peeled and stoned. Allow a half pound of sugar to each pound of fruit. Put the sugar in the preserving kettle and add a very little water—about a half cupful to a pound. Lay in the peaches a few at a time. When hot, arrange them in the jars. The syrup will become more liquid as you go on cooking the fruit. When you have filled the last jar, bring the syrup to a boil, and fill the jars to overflowing. Adjust the rubbers, taking them from boiling water; adjust the lids, taking them from boiling water and screw them down. Stand the jars in a wash-boiler, surround them partly with boiling water, cover the boiler and boil twenty minutes.

TO CAN PEARS

Pare and cut the fruit into halves; remove the cores and throw the halves at once into cold water to prevent discoloration. When you have eleven good-sized pears ready put them into a porcelain-lined kettle, cover with boiling water and cook slowly for ten minutes. While these are cooking, make a syrup from a pound of sugar and a quart of water; boil and skim. Lift each piece of pear with a skimmer, arrange them neatly in the jars, fill the jars with the syrup, adjust the rubbers and screw down the tops. Stand the jars in a wash-boiler, on the rack; surround them partly with boiling water. Cover the boiler and boil ten minutes after the water begins to boil.

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JELLY-MAKING

Jelly-making is divided into two classes. In the first class, fruits containing pectose, a jelly-making material, we have guavas, crab-apples, quinces, Japanese quinces, lady blush apples, pippins, black currants and wild grapes (fox and chicken grapes). These are all easily made into jelly. In the other class, a large group containing very little pectose, some pectin and a fair quantity of acid, we have the dark and white ripe grapes, raspberries, strawberries, currants and cranberries. Some of these fruits contain pectose, but they also contain a fair quantity of fruit sugar and acid. To make jelly easily from acid fruits they must be selected just a little under-ripe and should be perfectly fresh from the vines, the juice boiled without the sugar, and the sugar added at the last. The heat and the acid of the fruit will frequently split the sugar into *levulose* and *dextrose,* which prevent the jelly from forming. They make a syrup, not a jelly, and continued boiling does not improve it.

If jelly fails to form at first, it cannot be reheated. If sugar crystals form in the cold jelly, too much sugar has been used.

If dust falls in jelly while it is cooling and paraffine is put on top, the jelly will sour and spoil.

Cool under glass or in a clean room.

CRAB-APPLE JELLY

Wash the apples, cut them into quarters, remove the cores, but do not pare them. Weigh and put them into a porcelain-lined kettle, allowing to each pound one pint of cold water. Cover the kettle, boil twenty

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minutes; stir. Drain over night. Next morning measure the liquid and put it over the fire in a porcelain-lined kettle. Boil twenty minutes. Add a half pound of sugar to each pint of juice; boil ten minutes longer and begin to try the jelly. Put a teaspoonful in a saucer, and stand it in the cold. If it solidifies at once, remove the jelly from the fire, and pour it into the glass tumblers. Keep on trying it until it solidifies quickly. You may also try it by dropping it from a spoon. If, while hot, it drops in "chunks" and does not pour, it will be a solid jelly. When the jelly is cold, put a teaspoonful of *formaldehyde* into a pint of water. Take a perfectly clean piece of linen, dip it into the water mixture and wipe off the inside of the tumblers and the surface of the jelly. Fasten the tumblers with rounds of tissue paper. When all are fastened, dip a soft brush into the *formaldehyde* water and brush the tops of the papers. These will dry, shrink, and tighten. Be careful not to get too much *formaldehyde* on the jelly. It is not a dangerous poison, but all you want is to make sure that the top is clean and free from mould. Keep the jelly in a perfectly clean, dry closet, not necessarily dark. Damp, dark closets are conducive to mould.

Apple, quince, black currant, and Japanese quince jelly are all made after the same recipe.

RED CURRANT JELLY

Heat and mash the currants. Drain over night, allow a pint of sugar to each pint of juice. Boil the juice twenty minutes; add sugar, and finish the same as crab-apple jelly.

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PRESERVING

This word is used when we put up fruit pound for pound—that is, use a pound of sugar to each pound of fruit. In these days we rarely ever make preserves. They are not wholesome. We have outgrown our digestions for foods of this kind. One recipe will answer for all kinds of fruit.

TO PRESERVE STRAWBERRIES

Select large red strawberries, free from sand. Stem them carefully, weigh, and allow to each pound of berries a pound of sugar. Heat large stoneware platters. Sprinkle over a layer of sugar and a layer of strawberries; then another layer of sugar, and perhaps a second layer of strawberries, keeping the weights pound for pound. Cover the platters with glass and stand them in the hot sun, bringing them in as soon as the sun goes down. If the strawberries are not clear and transparent the next morning, stand the platters in the oven. When the strawberries are tender and clear, lift them one at a time with a fork, place them in small tumblers or half pint jars. Bring the syrup to a boil, skim, and fill the jars or tumblers at once. Fasten with paper the same as jelly, or if in jars screw down the lids.

Very ripe peaches and yellow gages are nice when preserved according to this rule.

FRUIT BUTTERS

Fruit butters are usually made from very ripe fruit, in the proportion of a half pound of sugar to each pound of fruit.

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Put the fruit into a porcelain kettle; stir it constantly until it reaches the boiling-point. Add the sugar, cook twenty minutes and pour into jars. If you are canning peaches it is wise to save the parings and use them for peach butter. When you put them into the kettle, add sufficient water to prevent scorching.

APPLE BUTTER

This should be made from new cider, fresh from the press, and not yet fermented. Fill a porcelain-lined kettle with cider and boil until reduced to half. Then boil another kettleful in the same way, and so continue until you have a sufficient quantity. To every four gallons of boiled cider allow a half bushel of nice juicy apples, pared, cored and quartered. The cider should be boiled the day before you make the apple butter. Fill a very large kettle with the boiled cider, and add as many apples as can be kept moist. Stir frequently, and when the apples are soft, beat with a wooden stick until they are reduced to a pulp. Cook and stir continuously until the consistency is that of soft marmalade, and the color is a very dark brown. Have boiled cider at hand in case it becomes too thick, and more apples if too thin. Twenty minutes before you take it from the fire, add ground cinnamon and nutmeg to taste. It requires no sugar. When cold, put into stone jars and cover closely.

TOMATO BUTTER

Scald twenty pounds of ripe tomatoes and remove the skins; put them in a porcelain-lined kettle with eight pounds of apples pared, cored and quartered. Stand

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over a moderate fire to cook slowly for one hour, stirring occasionally to prevent sticking, then add eight pounds of sugar, the juice of four lemons, and one tablespoonful of powdered ginger. Cook and stir continually until reduced to the consistency of marmalade. Put in tumblers or jars. When cold, tie up as directed.

MARMALADES OR JAMS

Marmalade is a sort of cross between a butter and a jelly; marmalade and jam are one and the same.

ORANGE MARMALADE

Take equal weights of sour oranges and sugar. Grate the yellow rind from one-fourth of the oranges. Cut the fruit into halves, and scoop out the pulp with a spoon; reject all the seeds and the white skin. When you have finished scooping out the oranges, put the pulp in a fine sieve to drain. Add the juice to the sugar, bring to boiling-point and skim. Boil rapidly fifteen minutes, and then add the grated rinds and the pulp. Boil fifteen minutes longer and put at once into tumblers.

BARBERRY JAM

Pick three pounds of barberries from the stems, wash them and put them into a double boiler with three pounds of sugar. Boil continuously for a half hour and stand them aside over night. In the morning strain them into a porcelain-lined kettle and simmer gently for twenty-five minutes; then put them into tumblers; when cold, fasten them the same as jelly.

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BLACKBERRY JAM

Blackberry jam is more easily made than blackberry jelly and is equally good. Put the blackberries into a porcelain-lined kettle, adding just a little water—not more than a half pint to four pounds of berries. Cover the kettle, bring slowly to boiling-point, stirring occasionally. Press through a sieve. Measure the liquid, and return it to the kettle. Allow a half pound of sugar to each pint of liquid, adding the sugar when the liquid reaches the boiling-point. Boil rapidly twenty minutes, stirring frequently to prevent scorching. Pour into jars or tumblers, and seal the same as jelly.

This recipe will answer for red currants and grape jam.

FRUIT JUICES

GRAPE JUICE

Pick the grapes from the stems and put them into a porcelain-lined kettle, adding just enough water to prevent scorching. Cover the kettle, boil and stir until the grapes are thoroughly cooked. Turn them into a bag and drain over night. Next morning, select the bottles and the corks; put them into cold water and bring to boiling-point. Boil the juice, skim it, and fill it at once into the bottles. Cork the bottles and put them into a kettle of hot water; boil them a half hour. Lift the bottles and dip the corks at once into sealing wax.

This recipe will answer for all fruit juices.

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CONSERVED FRUITS

All fruits are conserved after the same rule. Preserve them pound for pound; cook until they are transparent and turn them out on a sieve to drain. Save the syrup for sweetening other dishes. When the fruit is dry, roll in granulated sugar and put it away.

CANDIED OR CONSERVED CHERRIES

Select large ripe Morella cherries. Stone them carefully, saving all the juice that exudes during the stoning. Weigh the cherries, and to each pound allow a pound of sugar. Put a layer of cherries in the bottom of a bowl, then a sprinkling of sugar, then more cherries and more sugar, continuing until all are used. Cover the bowl and stand it aside for three hours. Boil the juice that has exuded from the cherries and skim it. Turn the contents of the bowl into a kettle with the juice and simmer gently until the cherries are transparent. Drain them on a sieve, spread them out on platters, and stand them in the oven or in the sun until they are dried on the outside. Roll them in granulated sugar, and put them away in wooden or tin boxes.

Most of the conserved and candied cherries sold in the market are bleached, then dyed. As this method is no longer considered hygienic, I give this simple recipe that can be used without danger in every household. If there is no sieve at hand, lift the fruit with a skimmer and hold it over the kettle until it is thoroughly drained, then dry.

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ORANGE AND LEMON PEEL

Take six large Florida oranges and the same number of lemons. Take off the peel in quarters, throwing it at once into a strong salt water. Cover and stand aside for twenty hours. Then drain, put it into a kettle of clear boiling water and cook slowly one hour. Drain and weigh. To each pound allow a pound of sugar. Put the sugar with a half pint of water to each pound in a preserving kettle. Bring to boiling-point and skim. Put in the lemon or orange rinds and stand them aside for twenty-four hours. If you have a fireless cooker, put them at once into the fireless cooker. In the morning you will find them transparent and perfectly soft. Lift the peel with the skimmer, put it on platters, cover with glass and stand in the sun until it is crusted or dried on the outside. Now boil the syrup rapidly for fifteen minutes. Add the peel that you have partly dried, and stand it aside again over night. Lift it the next morning, put it out again to dry, dust it thickly with granulated sugar and put it away in tin boxes. The left-over syrup may be bottled, corked and sealed to use during the winter for flavoring puddings, apple sauce, or baked pears.

MOCK FIGS

Select six pounds of fig tomatoes, either the red or the yellow. Allow three pounds of granulated sugar. Put the tomatoes into a sieve, plunge them into boiling water for just a moment, remove the skins. Put a layer of the tomatoes in the bottom of a porcelain-lined kettle, strew thickly with sugar and stand them

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over a moderate fire. Remember that there must be but one layer of tomatoes and their proportion of sugar. Bring slowly to scalding point, and let them stand on the back of the stove until the sugar has thoroughly penetrated the tomatoes. Lift them one at a time with a broad fork or iron spoon. Place them on a hot stoneware or granite dish, cover with glass and dry in the sun, or dry in a moderate oven, sprinkling with granulated sugar two or three times while drying. When perfectly dry, pack them in glass jars with layers of granulated sugar.

Caution—Care must be taken that tomatoes, if dried in the sun, do not become moist with either dew or rain. Put them out late in the morning, and take them in before the sun goes down. If they are dried in the oven, the oven must be at a drying, not baking heat.

PRAWLINGS

Remove the peel from six oranges, and with a pair of scissors cut it into straws. Put a pound of sugar with a half pint of water into a kettle and bring to a boil. Boil until it drops slowly from a spoon and spins a thread. While this is boiling, cover the orange peel with boiling water and boil rapidly; drain and put it at once in the syrup. Bring to a boil and boil about one minute, and then stir with a spoon until the sugar granulates and hangs about the peel. Turn it into a sieve, shake out the loose sugar, and put it away in boxes. This is used as a sweetmeat or as a flavoring to fruit cake and mince pies.

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PEAR CHIPS

This recipe will also answer for quince and pumpkin chips. Pare the fruit and cut it into chips; to each pound allow a pound of sugar. Put the sugar, and a half pint of water to each pound, in the kettle; boil and skim. Add the fruit and cook slowly until clear. Lift with a skimmer and dry the same as conserved fruit. If you have been doing one fruit and the flavor is harmonious, the syrup may be used next day for another. You can continue using the syrup until it grows too thick. Green ginger may be added to pears in the proportion of an ounce of ginger to each pound of pears. Or cook the pear chips in a quince syrup. Add ginger or orange to pumpkin chips.

FRUIT HONEY

The fruits best adapted for honey-making are pears, quinces and pineapples.

PEAR HONEY

Select eight large and rather hard pears. Boil three pounds of sugar with a pint of water for just a moment, and skim. Grate the pears and put them quickly into the syrup to prevent discoloration. Boil ten minutes and put away in tumblers the same as jelly. Quince and pineapple honey are made after the same recipe, grating both the quinces and the pineapple.

TOMATO HONEY

Take equal quantities of grated pineapple and small yellow tomatoes, peeled. Allow a pound of sugar to each pint of material. Mix the sugar with the fruit and cook without water until transparent.

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TO CAN VEGETABLES

Before giving recipes for the canning of vegetables, I should like to impress upon my readers the importance of understanding surgical cleanliness. All vegetables are easily canned and kept at home, providing everything is *sterile,* which means *dead.* Foods that ferment have in them some form of either plant or animal life. The danger of spoiling is greater if sugar is used, or in vegetables containing sugar, as yeasts grow in saccharine solutions. One yeast plant in a can of corn will spoil the contents of the entire can. This is also true of peas and beets. Acid vegetables, as tomatoes, are easily kept, providing sugar is not added. Many housekeepers, ignorant of the chemical constituents of foods, add sugar to sour materials to sweeten them. It does not change the acid one particle. Sugar enters the stomach as sugar and the acid as acid. To neutralize or change the acid one must add an alkaline material. A teaspoonful of bicarbonate soda to a quart of tomatoes will sweeten them by neutralizing the acid.

To have perfect success in canning vegetables, one must follow accurately the directions given.

For convenience, have a wire rack, with a centre handle made to fit a good-sized wash-boiler.

TO CAN ASPARAGUS

Select perfectly fresh asparagus; wash it well; peel the butts and cut off the hard portion. Cover with boiling salted water, boil fifteen minutes and cool.

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Arrange the asparagus in wide-mouthed jars, butts down. Fill the jars with cold water, adjust the rubbers, and put the tops on loosely. Stand these in a boiler, the bottom of which is protected by a rack. Surround the jars partly with cold water, cover the boiler, and boil continuously one hour. Lift one jar at a time, screw down the lid, cover the boiler and boil for another hour. You cannot lift the lids from any of the jars and lay them on the table, and then put them back on the jar, and have the contents keep. The lid must be screwed down without taking them from the jar. The lids should be solid, either glass or other material without lining.

TO CAN STRING BEANS

String and wash the beans. They may be canned whole or cut. Cover with boiling water, add a teaspoonful of salt and boil rapidly twenty minutes. Drain and pack into the jars. Fill the jars with cold water, adjust the rubbers, put the tops on loosely, and proceed exactly the same as you would for asparagus, cooking it first one hour, and then thirty minutes after the lids are screwed down or fastened.

TO CAN BEETS

Select very young, tender beets. Put into boiling water and boil for twenty minutes; cool and slip off the skins. Pack the beets into jars. Fill the jars with cold water, adjust the rubbers, put the tops on loosely, and finish precisely the same as for asparagus, cooking the same length of time.

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TO CAN CORN

This, with the exception of peas, is the most difficult of all vegetables to keep. Corn must be perfectly fresh from the field. Remove the husks, cut the tips from the grains, or score them down the centre, and press out the pulp. Pack this pulp at once into perfectly clean glass jars, filling the jars within one inch of the top; adjust the rubbers and lay on the tops. Stand the jars in a boiler as directed in preceding recipes, and surround them with cold water. Cover the boiler, and after the water begins to boil, boil for three hours. Lift one jar at a time and fasten the top; do not lift the lid. Then add sufficient boiling water to entirely cover the jars and boil for one hour. Let them cool in the boiler, taking it, of course, away from the fire.

I have used this recipe for years, and have never had a single jar to spoil.

TO CAN PEAS

Select perfectly fresh green peas; shell and pack at once into clean jars. Fill the jars with cold water; adjust the rubbers, lay on the tops, and finish precisely the same as with corn, cooking the same length of time. The last boiling must be done with the jars covered with boiling water. You can succeed with both these vegetables if you follow the rules.

TO CAN STEWED TOMATOES

Scald solid and perfectly sound tomatoes and remove the skins. Cut the tomatoes into halves and press each

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half to remove the seeds. Cut the halves into quarters, and lay in a porcelain-lined kettle; bring to boiling-point, add salt and pepper to make them palatable, and boil thirty minutes. Have ready the jars, rubbers and lids. The rubbers should be in a dish of very hot water, the lids in a pan of boiling water, and the jars should be washed and scalded. Take an ordinary dinner or pie plate, put in the centre a piece of folded cheese-cloth or an ordinary napkin, and stand on it a jar. Take it to the fire; fill it to overflowing with tomatoes; stand the plate on the table or at the side of the stove; adjust the rubber and screw on the lid, taking it directly from the boiling water. Do not put the lid on the table, nor touch it on the inside. Stand the jars aside until cool. Wipe them and place in a clean dry closet.

TO CAN TOMATOES WHOLE

I have canned many jars of whole tomatoes that have been sufficiently solid to use for salad. This condition, of course, will depend upon the care in selecting the tomatoes. They should be small, round and perfectly solid. Put the tomatoes in a wire basket and then into boiling water for a moment; lift out and remove the skins. Pack the tomatoes neatly in wide-mouthed jars. When you have all the tomatoes in, fill the jars with cold water, adjust the rubbers, and lay on the lids. Stand the jars in a wash-boiler on a rack; surround them partly with cold water; cover the boiler; bring quickly to a boil, and boil three minutes; lift and fasten.

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DESSERTS

Under this heading I shall give a few simple recipes for fruit puddings, which may be comfortably eaten after a light luncheon or dinner, and one or two heavier puddings for special occasions like Christmas and Thanksgiving. Do not use too many sweets.

ENGLISH APPLE TART

Fill a baking-dish with tart apples that have been pared, cored and sliced; sprinkle over three tablespoonfuls of sugar to each quart of apples; rub six tablespoonfuls of peanut butter into a quart of flour; add a half teaspoonful of salt and enough ice water to moisten. This will require but a few tablespoonfuls. Roll out the dough, cut it the shape of the dish, make a hole in the centre, and fasten it firmly to the sides of the dish. Bake in a moderate oven forty minutes. Left-over pastry may be rolled very thin and cut into wafers and baked.

Peach tart is made the same way.

APPLE BISCUIT PUDDING

Pare, core and quarter six good-sized tart apples. Put them in a baking-dish, sprinkle over one-fourth of a cup of sugar and add a half cup of water. Put a pint of flour into a bowl; add a tablespoonful of dairy or nut butter, a half teaspoonful of salt and a teaspoonful of baking-powder. Work well together and then

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moisten gradually with two-thirds of a cup of milk. Roll the dough out quickly, cut it the shape of the baking-dish, make a hole in the centre and place it neatly on the apples. The crust should be about a quarter of an inch thick. Brush the top with a little milk and bake in a moderate oven forty-five minutes. Serve hot, with milk, or cream, or plain. Other fruits may be used in the place of apples. Left-over dough may be made into small biscuits and used for another meal.

THANKSGIVING PIE

It is our fashion at Thanksgiving to have pies of two or three varieties; yet I am still of the opinion that all pies are more or less irritating to the intestinal tract. If you wish a pumpkin custard for Thanksgiving, cut the pumpkin into blocks, steam it until tender, press it through a colander, and, while hot, add to each pint of pulp a tablespoonful of butter. When cool, beat three eggs without separating, add a cup of sugar, and beat again; when light, add this to the pumpkin. Add a half teaspoonful of cinnamon, a half teaspoonful of ginger, and a half pint of milk. Line a baking-dish with nut crust according to the recipe given for English apple tart. Pour in the custard and bake in a moderate oven forty-five minutes.

MOCK MINCE PIE

1 cupful seeded raisins, chopped fine
1 egg
⅔ cup molasses
½ cup cider or grape juice
4 Uneeda biscuits
½ cup washed currants
½ cup sugar
½ cup shredded citron
1 tablespoonful vinegar
Juice and rind one lemon

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Roll the crackers, put them in a bowl, and add all the fruit. Beat the egg until light, add the molasses, grape juice or cider, sugar and lemon. Mix, and, if you like, add a half teaspoonful of cinnamon.

PIE CRUST

2 tablespoonfuls nut butter
1 pint flour
½ teaspoonful salt
¼ cup ice water

Rub the nut butter into the flour, add the salt, and gradually the ice water; the crust must not be too wet. Roll this out as you would other pastry. Line a pie-tin; put in the mock mince-meat, cover with an upper crust; bake forty-five minutes in a moderate oven.

PLUM PUDDING

½ pound shelled Brazil nuts
¾ pound dry sifted bread-crumbs
¼ pound brown sugar
¼ pound flour
4 eggs
½ pint grape juice
1 nutmeg, grated
1 cupful almonds
1 cupful piñons (if you have them)
1 pound seeded raisins
1 pound currants
½ pound orange and lemon peel, shredded
¼ pound shredded citron
1 teaspoonful salt

Mix all the fruits; add the flour and stir until each piece is floured. Blanch and chop the almonds; put the Brazil nuts through the meat grinder; add the bread-crumbs, mixing with the hand, and then add the chopped almonds and the piñons that have been washed and toasted. Beat the eggs without separating until very light; add to them the grape juice. Add this to the dry mixture, and work with the hand until all the bread-crumbs are moist, not wet. Now add the fruit and the nutmeg. Mix this again with the hands until thoroughly blended. Pack into greased moulds

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or tin kettles, leaving at least an inch at the top for swelling. Cover the kettles and stand them in a boiler on a rack. Add sufficient hot water to about half cover. Cover the boiler and boil continuously for eight hours, replenishing with boiling water as that in the boiler evaporates. Take them from the fire and lift the lids until the puddings cool. Then replace the lids and hang the puddings in a cold place. These may be made in the fall and will last all winter. At serving time, stand the kettle in a small quantity of hot water and boil for thirty minutes or an hour.

POOR MAN'S TARTLETS

12 crackers
Whites two eggs
4 tablespoonfuls powdered sugar
1 tumblerful jelly

Put a teaspoonful of jelly on the top of each cracker; beat the whites of the eggs until they are light; add the powdered sugar and beat thoroughly for ten minutes. Put this meringue all over the jelly, dust it thickly with powdered sugar and brown in a slow oven.

MARGUERITES

24 long unsalted wafers
6 tablespoonfuls powdered sugar
½ cup pecan meats
½ cup almonds
Whites three eggs

Blanch the almonds and dry them. Mix them with the pecans and chop very fine. They cannot be ground, or the mixture will be too oily. Beat the whites of the eggs until light; add the powdered sugar and beat for ten minutes. Take out four tablespoonfuls of this mixture, put it in a bowl and add the nuts. Spread this over the top of each cracker or wafer,

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having it at least a quarter of an inch thick. Spread over the remaining whites as you would ice a cake, dust the tops thickly with powdered sugar, and brown in a moderate oven. These may be made from any nuts at hand—black walnuts, hickorynuts, piñons, English walnuts, or, if you like, peanut butter.

MAPLE CUP CUSTARD

¼ pound maple sugar
2 tablespoonfuls flour
3 eggs
3 tablespoonfuls powdered sugar
½ pint milk

Grate the maple sugar, add it gradually to the yolks of the eggs and beat until light. Moisten the flour with a little of the milk, then add it to the milk and strain it into the eggs and sugar. Pour the mixture into custard cups, stand them in a pan of water and bake in the oven until the custard is set. Beat the whites of the eggs to a stiff froth and add the powdered sugar. Beat until dry and glossy. Heap a tablespoonful on the top of each cup, dust thickly with powdered sugar and return to the oven a few minutes to brown.

MIRILTONS

1 pint milk
1 ounce grated chocolate
6 macaroons
½ cupful almonds
1 tablespoonful sugar
Yolks three eggs

Blanch and dry the almonds and chop them fine; grate the macaroons and sift them; put the milk in a double boiler; add the chocolate and sugar. Beat the yolks of the eggs, add a little of the milk to them, and then return them to the double boiler and cook about one minute. Take from the fire and add the macaroons and the nuts. Turn this mixture into small custard cups, stand them in a pan of water and bake

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in a moderate oven about twenty minutes until set. Serve in the cups in which they are baked. This same mixture may be baked in patty pans lined with nut crust.

BATTER PUDDING

1 pint milk
3 cups flour
1 tablespoonful melted butter
3 eggs
1 pint fruit
2 teaspoonfuls baking-powder
½ teaspoonful salt

Beat the whites and yolks together until light; add the milk, butter, flour and salt. Beat until smooth and then stir in the baking-powder. If the fruit is stoned cherries, drain them dry before adding to the batter. Apples, peaches, blackberries, raspberries, huckleberries, or such dry fruits as chopped dates, raisins, and currants may be used. Add the fruit, stirring it into the batter. Turn the pudding into a greased pudding-mould or round tin-kettle; cover it and stand on a rack in a pot of boiling water. The water must not cover the mould, nor must it come near the top. Use just enough to create a large volume of steam. Cover the kettle, and boil continuously for three hours. If the water evaporates, replenish with boiling water. Serve this pudding hot, with hard sauce or fairy butter or plain liquid pudding sauce.

BIRD'S NEST PUDDING

6 tart apples
½ pint thick sour cream
½ teaspoonful salt
1½ cups flour
½ teaspoonful bicarbonate soda

Pare and core the apples, and put them in a baking-dish. Dissolve the soda in a tablespoonful of water and add it to the cream; add the salt, beat together a

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moment, and stir in the flour. Pour this, now a stiff batter, over the apples. Bake in a moderate oven forty-five minutes. Serve hot with sugar and butter.

BAKED INDIAN PUDDING

1 quart boiling milk
1 quart cold milk
1 teaspoonful salt
½ pint molasses
1½ cupfuls yellow Indian meal
2 tablespoonfuls ground ginger

Add the cornmeal to the boiling milk in a double boiler and stir until it slightly thickens; then add the molasses, the salt and the ginger. Cook until the consistency of mush. Empty into a baking-dish and pour over the quart of cold milk. Bake in a moderate oven about four hours. Serve hot with hard sauce.

GRANDMOTHER'S APPLE PUDDING

4 large apples
2 cupfuls stale dry bread-crumbs
1 teaspoonful cinnamon
¼ nutmeg, grated
5 eggs

Pare and chop the apples, mixing quickly with the bread-crumbs. Separate the eggs and beat the yolks; add to the crumbs, then add the cinnamon and the nutmeg; mix carefully and stir in the well beaten whites of the eggs. Pour into a greased mould and boil three hours. Raisins, dates or figs may be substituted for the apples.

DUTCH APPLE PUDDING

3 eggs
1½ cupfuls milk
3 cupfuls flour
2 tablespoonfuls butter
2 teaspoonfuls baking-powder

Separate the eggs, beat the yolks and add the milk; add the melted butter and flour. Beat with an egg-beater for about two minutes, add the baking-powder

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and beat two minutes longer. Fold in the well beaten whites. Turn into a shallow greased baking-pan and place over the top, pressing them down into the batter, sufficient quarters of apples to cover the pudding. Dust thickly with granulated sugar, using at least a half pound, and bake in a quick oven half an hour. Serve hot with orange or hard sauce or milk. Peaches, huckleberries, blackberries and raspberries may be substituted for the apples.

APPLE DUMPLINGS

1 quart flour
4 tablespoonfuls dairy or nut butter
1½ cupfuls milk
2 teaspoonfuls baking-powder
½ teaspoonful salt

Select tart apples, small in size and perfectly round. Pare and core them. Mix the baking-powder and salt with the flour and sift together; rub in the shortening. Add the milk gradually. The dough must be sufficiently stiff to easily roll. Roll out, cut into large squares or rounds. Stand an apple in the centre of each, fill the core with sugar, add a little cinnamon, fold up the corners, stand the apples in a baking-pan and bake in a moderate oven about forty-five minutes, or until the apple is tender. If you cut the dough into rounds, roll it in the hand until the apple is thoroughly covered and stand it upside down in the pan. If you fold over the corners, stand the dumplings in the pan with the folded corners on top.

RICE DUMPLINGS

Wash one cupful of rice several times in cold water; drain and throw it into boiling water; boil rapidly fifteen minutes, then drain. Have ready the apples,

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pared and cored, or the peaches, pared, and square dumpling-cloths. Spread the rice in the centre of each cloth, having it at least a half inch thick and sufficiently large to thoroughly cover the fruit. Put the fruit in the centre, picking up the edges of the cloth and drawing them up so that the fruit is entirely covered with rice and tie tightly. Put the dumplings into a large kettle of boiling water and boil for thirty minutes. When done, cut the string with the scissors and carefully remove the cloth. Serve hot with a pitcher of milk or with sugar and milk. Canned apricots and canned peaches may be used.

NUT ROLY-POLY

1 pint flour
¼ teaspoonful salt
2 tablespoonfuls nut butter
½ pint mixed nuts
½ pint raisins

Chop the nuts and raisins. Add the nut butter to the flour and rub thoroughly; add the salt and just enough water to make a paste. Roll this out into a very thin sheet. Cover it first with a layer of sugar, then the nuts and raisins. Roll, lay on a greased paper, brush the roll with milk and bake for half an hour. Serve hot with jelly sauce.

WATER JELLY

1 pint boiling water
3 tablespoonfuls cornstarch
½ cup sugar
4 eggs
1 teaspoonful vanilla, or grated yellow rind and juice one orange

Moisten the cornstarch with a little cold water; add the boiling water and sugar. Cook until clear and rather thick. Pour, while hot, into the well beaten whites of the eggs. Add the vanilla and turn it at

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once into a mould. Beat the yolks of the eggs with four tablespoonfuls of sugar; add a pint of milk; stir this in a double boiler until the custard is slightly thick or coats a knife-blade. Dip a clean knife into the hot custard; if it sticks to the blade, take it quickly from the fire or it will curdle. Add a teaspoonful of vanilla and stand aside to cool. When ready to serve, turn the pudding into a round dish, and pour the custard at the base. This custard is also nice served with fruit syrups or juices.

GELATIN PUDDING

It is scarcely worth while to give recipes for gelatin pudding. Use vegetable gelatin precisely the same as animal gelatin. I do not know that either of these gelatins is to be recommended. The vegetable gelatin is much more delicate. It has not the unpleasant odor so common in animal geletin.

STRAWBERRY SHORTCAKE

1 quart flour
1 teaspoonful salt
2 ounces dairy or nut butter
4 teaspoonfuls baking-powder
1 quart strawberries

Stem the berries; sweeten and mash them slightly with a spoon; stand them aside while you bake the shortcake. Add the salt and baking-powder to the flour and sift them. Rub in the butter, add sufficient milk (about a cup and a half) to make a dough. Mix quickly and roll out an inch and a half in thickness. Put it at once into a square or oblong greased baking-pan, brush with milk and bake in a quick oven twenty minutes. When done, take it from the oven, cut the crust with a knife and pull open the cake. Spread it

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thickly with butter, dust with sugar and put in the berries, reserving a few for the top. Put on the crust, cover the top with the remaining berries, dust with powdered sugar and send to the table. Serve plain or with cream.

Peaches and raspberries may be substituted for strawberries. Slice the peaches or chop them rather fine. Canned peaches make specially good shortcake.

FRUIT CANNELON

3 tablespoonfuls nut or dairy butter
1 pint flour
1 egg
2 teaspoonfuls baking powder
¼ teaspoonful salt
⅔ cup milk

Add the salt and the baking-powder to the flour and sift it, rub in the butter. Beat the egg without separating and add the milk; add this gradually to the flour. There may be a little too much, so do not add it all at one time. The dough must be sufficiently stiff to roll easily. Roll it out in a sheet a quarter inch thick and cut into strips ten inches long and one inch wide. Wind them round cannelon moulds; stand them in a pan; brush the top with a little of the egg and milk; dust with granulated sugar, and bake in a quick oven twenty minutes. Remove the moulds and put them back in the oven for five or ten minutes to dry. Have ready any fruit in season, peaches, chopped and sweetened, strawberries, stemmed and sweetened, raspberries or apricots. Fill the cannelon with the sweetened fruit. Lay them on a platter, and send to the table. They are usually served with a pitcher of milk or cream, and eaten the same as strawberry shortcake.

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APPLE TAPIOCA

½ cup granulated tapioca
1½ pints or 3 cups water
⅔ cup sugar
Fruit

Soak the tapioca in the water for thirty minutes and then cook it carefully in a double boiler until transparent; add the sugar; stir, and pour this over the apples that have been pared, cored, quartered and put in a baking-dish. Cover the dish and bake in a quick oven thirty minutes. Lift the lid just a moment until the tapioca crusts. Serve warm or cold with milk.

Peaches may be substituted for apples.

ORANGE TAPIOCA

3 oranges
½ cup granulated tapioca
3 cups or 1½ pints water
1 cup sugar

Soak the tapioca in the water for thirty minutes; add the grated yellow rind of one orange. Cook until the tapioca is transparent; add the sugar; take from the fire and add the juice of two oranges and the pulp of one. Turn this into a glass dish and serve cold, with powdered sugar.

Strawberries may be substituted for oranges. They will be added to the mixture while hot, and allowed to stand until cold.

Sago may be substituted for tapioca.

APPLE DOWDY

Butter a baking-dish and line the bottom and sides with buttered slices of bread. Fill the dish with pared, cored and sliced apples; grate over a little nutmeg or cinnamon. Mix a half cup of water with a half cup of molasses, and pour over the apples. Then sprinkle

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over a half cup of brown sugar and cover the top with buttered bread, butter-side up. Cover the top of the baking-dish and bake in a moderate oven one hour. When done, loosen the edge with a knife and turn it out into a large dish. Serve hot with sugar and cream.

APPLE SLUMP

1 tablespoonful dairy or nut butter
½ pint milk
3 cups flour
4 teaspoonfuls baking-powder
6 large tart apples

Pare, core and quarter the apples. Put them in a saucepan with a pint of water. Add the baking-powder to the flour, sift, and rub in the butter, then gradually add the milk. This must be as thick as biscuit dough. Roll it out, cut it into biscuits, stand them over the top of the hot apples, cover the saucepan, and simmer for fifteen minutes. When done, lift the dumplings to the edge of a dish and turn the apples into the centre. Serve with milk.

BROWN BETTY

6 large tart apples
1 quart stale bread, cut into blocks
½ cup molasses
½ cup brown sugar
½ cup water

Pare, core and slice the apples. Put a layer of bread in the bottom of a baking-dish, then a layer of apples, and so continue until the ingredients are used, having the last layer bread. Mix the water and the molasses, pour over the apples and bread, sprinkle over the sugar, and bake in a moderate oven one hour. Serve hot.

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OLD-FASHIONED RICE PUDDING

4 tablespoonfuls rice
2 quarts milk
½ cup raisins
¼ nutmeg, grated

Add the rice, without washing, to the milk. Add the raisins and nutmeg. Stand the pan in a moderate oven and bake slowly about two hours until the rice comes to the top of the milk, stirring down the crusts as fast as they form, for the first hour and a half. This should be creamy, not stiff, served cold.

DRIED FRUIT JELLY

¼ pound dates
4 figs
¼ pound candied cherries
½ box vegetable gelatin
1 quart water
Juice three oranges and one lemon
1 cupful sugar

Cover the gelatin with the water and let it soak for an hour. Then add the sugar, and bring to boiling-point. Chop the fruit very fine, put it into a mould that has been moistened with cold water. Add the orange and lemon juice to the gelatin, strain, and pour it over the fruit. Stand aside until it hardens. This may be served plain or with whipped cream.

CARAMEL ICE CREAM

6 tablespoonfuls sugar
1 pint milk
1 quart cream
1½ cups sugar
1 teaspoonful vanilla

Put the six tablespoonfuls of sugar into an iron saucepan and stir until it melts and browns. Then add four tablespoonfuls of water; stir until the caramel is melted; add it to the milk in the double boiler, and then add the cup and a half of sugar. Stir until the

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milk is hot and the sugar melted. When cold, turn this into the ice cream freezer and pack with salt and ice. Turn the crank once or twice to make sure that it is ice-cold. Open and add the cream. Turn slowly until it begins to freeze, then rapidly for a few minutes. Remove the dasher, put on the lid, fasten the hole with a cork, draw off the water, and repack with salt and ice, using less salt. Cover and stand aside two hours to ripen. When first packing the freezer, use one-third as much salt as ice; have the ice very fine and the salt coarse.

All kinds of ice cream may be made after this recipe, changing the flavoring.

If all cream is preferred, scald one-half the cream, add the sugar, and when very cold add the remaining cream and freeze.

Do not stir too rapidly at first, or the cream will be buttery.

BISQUE ICE CREAM

1 quart cream
1 pint milk
½ cup stale bread-crumbs
2 cupfuls sugar
½ cup mixed chopped nuts
1 teaspoonful caramel
Grated yellow rind one lemon
1 teaspoonful vanilla

Put the milk in a double boiler, add the sugar and lemon rind and stir until hot. When cool, add the cream, the caramel and vanilla. Turn the mixture into a freezer, pack, and when very cold, stir slowly until it begins to freeze, then rapidly a few minutes until quite stiff. Open the freezer, remove the dasher, add the nuts and bread-crumbs. Repack for one hour.

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FROZEN CUSTARD

4 eggs
1 quart milk
1 cup sugar
2 teaspoonfuls vanilla

Add the sugar to the eggs and beat until very light. Put the milk in a double boiler, add the eggs and sugar and cook until the custard coats a knife-blade. Take from the fire, add the vanilla, and when cold, add a pint of cream. Put the mixture in a freezer and pack well; stir slowly until it begins to freeze, then rapidly for a few minutes. Repack and stand for an hour.

SHERBETS

Sherbets, sorbets and water ices are all made from the same recipe. The manipulations produce different results. Water ices are stirred only occasionally; sherbets and sorbets are stirred rapidly after they begin to freeze, and for sorbets add the white of an egg well beaten after removing the dasher. All these are usually served in punch cups. Water ice may be served the same as ice cream.

For dinners, mint and ginger sherbets are the most desirable; lemon and orange are best for afternoon teas.

ORANGE SHERBET

Juice 12 oranges
1 quart boiling water
2 tablespoonfuls vegetable gelatin
1 pound sugar

Add the gelatin to the water and soak it half an hour. Bring it to boiling-point, add the sugar, boil five min-

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utes, add the grated yellow rind of an orange, and stand aside to cool. When cold, add the orange juice and strain. Turn the mixture into a freezer, pack, turn slowly until it begins to freeze, and then turn rapidly for a few minutes until the mixture is stiff. This may be used at once or repacked until wanted.

For MINT SHERBET, chop the leaves from a dozen stalks of mint, mash them with the sugar, and boil them in the water. Add the juice of two lemons. Finish according to the preceding recipe, leaving the mint leaves in or straining them out.

For GINGER SHERBET, chop a quarter pound of candied or preserved ginger very fine and add it to the water before boiling. Add the juice of two lemons.

For RASPBERRY, CURRANT, GRAPE and STRAWBERRY SHERBETS, mash the fruit and add the juice in the proportion of a pint of juice to each quart of water.

FROZEN BANANAS

1 dozen very ripe bananas — 1 pint water
Juice two oranges — ½ pound sugar
1 pint cream

Peel the bananas and press them through a colander. Boil the water and sugar together for five minutes; when cool, add the orange juice and the banana pulp. Put this into the freezer, pack and stir slowly until frozen; then remove the dasher and stir in carefully the cream whipped to a stiff froth. This may be served at once or repacked.

This recipe will answer for peaches or apricots.

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FROZEN STRAWBERRIES

1 quart strawberries
Juice two lemons
1 pound sugar
1 quart water

Add the sugar and the lemon juice to the stemmed berries; let them stand one hour; then mash through a colander, add the water, and stir until the sugar is dissolved. Pour the mixture into the freezer, and turn slowly until frozen. This may be served at once or repacked.

To serve frozen fruits, heap them in tall parfait glasses and garnish the tops with whipped cream, chopped almonds, or grated macaroons.

This recipe will answer for raspberries, currants or pineapple, using the pineapple grated, and measured after it is grated.

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PUDDING SAUCES

CARAMEL SAUCE

1 cup granulated sugar 1 cup water

Put the sugar in an iron or aluminum saucepan and stir with a wooden spoon over a quick fire until the sugar melts and turns straw color. Add quickly the water, boil two minutes, and turn out to cool. This should be about the consistency of cream, and may be used over any boiled or baked pudding.

ORANGE SAUCE

1 tablespoonful flour 1 egg
½ cup sugar Juice and rind of one
1 cup water orange

Mix the sugar and the flour thoroughly and add the water, boiling. Cook three minutes, add the juice and grated rind of the orange, and pour while hot into the egg that has been thoroughly beaten without separating. Serve at once.

Lemon, vanilla, or a mixture of vanilla and nutmeg may be used in place of the orange.

JELLY SAUCE

1 cup boiling water 1 tumbler jelly
1 tablespoonful cornstarch

Moisten the cornstarch with a little cold water, then add the boiling water and the jelly. Boil five minutes, strain and serve.

HARD SAUCE

1 cup powdered sugar ¼ cup butter
¼ nutmeg, grated

Beat the butter to a cream and add the sugar gradually. Beat until light and white. Heap this into a

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small fancy dish, dust the top with grated nutmeg, and stand aside to harden.

FAIRY BUTTER

Make a hard sauce, and when very light add the unbeaten white of one egg. Beat with an egg-beater until the mixture will stand alone. Heap it into a fancy dish, and stand it on the ice to harden.

SAUCE SABAYON

Yolks four eggs — ½ cup sugar
1 pint milk — 1 teaspoonful vanilla

Put the milk in a double boiler. Beat together the egg yolks and the sugar and when light add a little of the hot milk. Pour back into the double boiler and cook until it coats a knife-blade, being careful not to curdle. Take from the fire, add the vanilla, and stand aside to cool. If this should happen to curdle through mistake or neglect, beat it rapidly with an egg beater or pour it rapidly from one vessel to another.

FRUIT SAUCE

This is also called Purée of Fruit and is served with boiled or baked puddings or dumplings.

6 large mellow peaches — 1 tablespoonful cornstarch
½ cup sugar — 1½ cups boiling water

Pare and press the peaches through a sieve; moisten the cornstarch in a little cold water; add the boiling water and the sugar. Cook five minutes, take from the fire, and add the peaches. Stand aside to cool. This is usually served warm, not hot.

Apricots, stewed apples, or grated pears may be substituted for the peaches.

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FRUITS

HOW TO COOK AND HOW TO SERVE THEM

During the summer months substitute fruits for heavy desserts like puddings and custards. To have them wholesome and easy of digestion, serve plain, ripe and uncooked.

Small fruits—strawberries, raspberries, blackberries and currants—should be moderately chilled. This is also true of oranges and grape fruit. Overchilling makes them unpalatable.

The subacid or sweet fruits—mulberries, huckleberries, guavas, bananas, cantaloupes and watermelons—should be served quite cold. Peaches, medium.

The small, delicate fruits—strawberries and raspberries—must be handled as lightly as possible. If the strawberries are at all sandy, put them, before stemming, into a wire basket or colander, and dip them up and down in a pan of cold water. Drain, stem, and serve at once.

In almost every community one may get appropriate greens with which to decorate or garnish the fruit dish. Ferns and mountain laurel make dainty garnishes for peaches or mixed fruits.

For breakfast, or the first course at luncheon, strawberries are served with the stems. Arrange them around a tablespoonful of powdered sugar on a pretty plate. To eat, simply take a strawberry by the stem end, dip it in the sugar and bite it off.

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All fruits contain a sufficient amount of sugar, that is, according to Nature's way of doing things. If they are too sour to eat without sugar, let them alone. Sugar has no influence whatever on acid; it enters the stomach as sugar, and the acid as acid. Ripe unsweetened fruits are very healthful. With sugar they are very liable to ferment and produce intestinal indigestion. Fruits are principally digested in the small intestines.

Fruit juices are blood purifiers, provided they are eaten raw without sugar. Cooking kills the natural ferments. This is especially true of pineapple; eaten raw, it digests albuminoids; when cooked it in no way aids digestion—in fact it is then indigestable and useless. It has no food value.

THE APPLE

The apple, perhaps, is the chief among fruits. To eat raw, it should be perfectly ripe, either tart or sweet according to taste. Many persons cannot digest a raw apple because they do not masticate it thoroughly. No one can bolt food any length of time without suffering the consequences.

BAKED APPLES

Wash the apples thoroughly, remove the cores, and cut the skin of the apple around just above what might be called the equator. Do not cut it deep. The skin cut in this way will prevent the apple from bursting. Stand in an earthen or granite pan; fill the core spaces with sugar, cover the bottom of the pan with water, and

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bake in a quick oven about thirty minutes, basting once or twice. Serve warm. Cold baked apples are heavy and sodden, and should never be eaten by people with weak digestions.

PANNED BAKED APPLES

Apples baked in this way are very nice to serve with mock duck or mock goose. Wash and core the apples but do not pare them; cut them into eighths. Put a layer in the bottom of a baking-dish, cover with a little sugar, then another layer of apples, then sugar, and so continue until you have the desired quantity. Cover the bottom of the dish with water; cover the dish and bake in a quick oven about fifteen minutes, until the apples are soft. They must be tender, but quite whole. Serve warm in the pan in which they are baked.

APPLE SAUCE

Wash and core the apples, but do not pare them. Cut them into quarters; put them into a porcelain-lined or granite kettle; add sufficient water to prevent scorching. Cover the kettle, bring quickly to boiling-point, press through a colander, and add to each pint four tablespoonfuls of sugar.

APPLE SOUFFLÉ

Make apple sauce according to preceding recipe. After you have pressed it through the colander, sweeten, reheat and fold in the whites of two eggs, well beaten, to each pint of apple sauce.

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PEACHES, TURKISH FASHION

These dishes are known on the Continent as compotes. They may be made from any fruit, cooked just a little—long enough to be soft—and served either on toast or on portions of boiled rice.

Plunge the peaches into boiling water for a moment and peel off the skins. Then with a fork or a stoner, push out the stone, keeping the peach whole. Stand these in a baking-dish; fill the vacant spaces with unseeded raisins; dust the peaches with sugar; cover the bottom of the baking-dish with water, and stand in the oven for about twenty minutes, or until the peaches are soft but perfectly whole. Have ready a half pound of boiled rice; turn it into a flat dish; stand the peaches on top and send at once to the table. Serve with plain cream, peach purée, or with nutmeg.

Cocoanut milk, thickened with a little cornstarch and sweetened, makes an exceedingly nice sauce for compotes.

BANANAS

To serve raw, bananas should be very ripe, almost to the point of decay. Unripe bananas are difficult of digestion, and should never be given to children unless they are cooked.

BAKED BANANAS

Remove the skin from one side of the banana, then loosen the fruit and take it out. Do not strip the skin from one end to the other or the fibre will remain on the banana and make it bitter. Place the bananas in a porcelain or stoneware dish, dust thickly with

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granulated sugar, cover the bottom of the dish with water, and bake in a quick oven thirty minutes, basting once or twice.

FRIED BANANAS

Peel the bananas and cut them into halves, lengthwise. Have ready heated in a shallow pan about half a cup of olive oil. Drop the bananas into the hot oil; when brown on one side turn and brown the other. Lift at once into a heated dish and send to the table. These are very nice to serve with mock steak. They are also a nice accompaniment to curries.

BANANA SOUFFLÉ

Peel and mash through a colander six bananas. Add to the pulp six tablespoonfuls of powdered sugar, a tablespoonful of lemon juice, and fold in gradually the well beaten whites of four eggs. Turn at once into a baking-dish, and bake in a quick oven about ten minutes.

STEWED BANANAS

½ cup shelled almonds
6 bananas
Grated rind and juice of one lemon
½ cup sugar

Peel the bananas and cut into slices one inch thick. Put into a saucepan, add the sugar and the grated rind and juice of the lemon, with just enough water to prevent scorching. Cover the saucepan, bring to boiling-point, and add the almonds that have been blanched and chopped. Turn into a heated dish and serve warm. These may also be flavored with tamarinds or orange.

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BANANA CAKE PUDDING

¼ cup butter
½ cup sugar
1 egg
5 ripe bananas
Juice and grated rind of one orange
1 saltspoonful mace
2 tablespoonfuls cream
2 Uneeda biscuits

Beat the butter to a cream and add the sugar; beat again and add the egg, unbeaten; continue beating until the mixture is light. Add sufficient flour to make a stiff dough—about one and a half cups. Roll into a thin sheet and line a square shallow baking-pan. Peel the bananas and chop them very fine. Put them in the crust and sprinkle them with two or three tablespoonfuls of extra sugar. Put over the rind and juice of the orange and two tablespoonfuls of extra butter cut into bits. Add the mace, the cream, and the crackers, grated. Bake in a moderate oven half an hour. Cut into squares and serve warm with milk.

CANTALOUPES

Cantaloupes should be thoroughly washed and chilled before cutting. Serve a half to each person, carefully removing the seeds without bruising the flesh of the cantaloupe.

LILLIAN RUSSELL

This is made by filling half of a cantaloupe with a good-sized portion of vanilla ice cream. Decorate the ice cream with whipped cream and send at once to the table.

CRANBERRY JELLY

1 quart cranberries
1 pint sugar
½ pint water

Wash the cranberries; put them in a saucepan with the water; cover and bring to boiling-point; boil

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rapidly fifteen minutes. Press through a colander; bring again to boiling-point; add the sugar and boil five minutes. Turn into a mould and stand at once in a cold place.

CRANBERRY SAUCE

Follow the preceding recipe, using one pint of water instead of a half pint. Do not boil after adding the sugar.

BAKED CRANBERRIES

Wash the cranberries. Allow one quart of cranberries to each pound of sugar. Put the cranberries and sugar in layers in a baking-dish. Cover and bake in a moderate oven one hour, or until the cranberries are perfectly transparent.

STUFFED DATES

Select ripe soft dates. Remove the stones by cutting a slit at the side; do not tear the date. Put into the space from which you have taken the stone half an English walnut, or an almond or a pecan meat, or, if you like, a mixture of chopped nuts. Put the dates together, roll them in granulated sugar, and they are ready to serve.

TO SERVE FRESH FIGS

Fresh figs should be served in a flat dish of cracked ice.

STUFFED FIGS

Select dried pulled figs—figs that have been dried without being pressed together. Split them open on

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one side, and with a spoon remove the entire inside. Put this pulp in a bowl and add an equal quantity of chopped almonds, pecans or piñons. Roll the mixture into balls, put the balls back into the figs, and arrange them neatly on a pretty mat on a glass dish. These, of course, are used as sweetmeats.

STEWED FIGS

Put one pound of pulled figs into a bowl; cover with cold water; add two bay leaves and soak over night. Next morning, turn the figs and the water into a saucepan, bring slowly to boiling-point, and lift them with a skimmer. Boil down the syrup, pour it over the figs, and stand them aside. Serve cold, either plain or with cream.

GRAPE FRUIT

Grape fruit should be washed as soon as it comes from the market, and put into a moderately cold place. At serving time cut them into halves crosswise and with a sharp knife remove the core and seeds. Then cut around each carpel, separating it from the white bitter skin, but do not displace the carpels. Stand each half on a little doily on a small plate and send to the table. Sugar may be added, if desired, but they are more wholesome without it. If they are to be served as the first course at either lunch or dinner, they should be served plain.

As dessert, the core space may be filled with powdered sugar, garnished with chopped candied cherries, candied violets or rose leaves.

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GOOSEBERRY SAUCE

Select large ripe gooseberries. Wash them and put them in a kettle, allowing one cup of sugar to each two cups of gooseberries. Add just enough water to prevent scorching, cover, bring to boiling-point, and boil until the gooseberries pop. Press them through a colander and they are ready to use. Serve with mock duck or goose.

ORANGES

One of the nicest ways to serve oranges is to remove the yellow rind and then carefully take off every particle of the white skin. The rind may be saved for conserving. With a sharp knife, cut down one side of each carpel, cut around and up on the other side, taking out the carpel without one particle of white skin. Serve cold in a pretty glass dish.

PINEAPPLES

Pineapples should be perfectly ripe, but free from decay. They should be used uncooked. Peel off the outside skin; then with a pair of pineapple nippers take out the "eyes." Hold the pineapple in your hand, crown down, and with a silver fork stick into the flesh at the bottom of the pineapple, pulling out a piece. Continue until you have all the pineapple picked, leaving the core untouched. Serve cold.

Another nice way is to cut around each little flower, using a small sharp knife, keeping the pineapple whole. Stand it on a napkin in a glass dish, and serve by picking out the portions and placing them on a plate with a little powdered sugar.

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Pineapple is a digester, and is recommended for many forms of stomach indigestion. Cooked, however, it has no medicinal value.

STEWED RHUBARB

Wash the rhubarb and cut into lengths of one inch; do not peel it. To each quart of these pieces allow a half pint of water and a half pint of sugar. Put all the ingredients in a saucepan and bring to boiling-point. The rhubarb, if it is tender and young, should be perfectly soft as soon as it is thoroughly heated. Take it from the fire and stand it away to cool.

Remember that rhubarb contains oxalic acid and cannot be used in very large quantities.

WATERMELON

There are very many ways of serving watermelon. As it is one of the subacid fruits it should be made very cold before serving. The old-fashioned way of cutting it into slices or into quarters was cumbersome and rather inelegant. One of the daintier ways is to cut thick slices from both ends of the watermelon, stand it on a round dish and send it to the table. Serve by scooping out large pieces with a tablespoon.

Perhaps the prettiest way of all is to peel off all the skin and the white portion. Make the watermelon into a solid pink ball; stand this on a platter, garnish the dish with rose-leaves and send it to the table. Or fill the platter with finely cracked ice, press the melon down in the ice, then garnish over the ice with roses on long stems. To serve, cut into slices, then into quarters.

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Another pretty way is to cut the watermelon into slices and each slice into quarters; trim off the rind and the white portion; stand these pieces, points up, in a shallow cut-glass dish, using enough cracked ice to keep them cold and in position.

TO DRY FRUITS

Apricots, peaches, pears and plums may all be dried after the same recipe.

Remove the stones, cut the fruit into slices, or dry them in halves. Spread them in a single layer on a hardwood board or in a pan, and put them on the floor of a moderate oven. Dry quickly to prevent discoloration. When dry, put into perfectly clean bags and hang them in a dry closet, or keep them in glass jars.

TO COOK DRIED FRUITS

Home-made dried fruits do not require washing; those you buy, however, must be thoroughly washed through several cold waters. Cover with fresh cold water and soak over night. Next morning bring to boiling-point and simmer gently fifteen minutes. Lift the fruit with a skimmer, boil down the liquid and pour it over the fruit. Do not add sugar.

PRUNES

Prunes may be cooked according to the preceding recipe, or they may be washed and soaked over night and used without cooking.

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PRUNE SOUFFLÉ

Wash and soak a half pound of prunes over night. Next morning press them through a colander. Add four tablespoonfuls of sugar and then fold in the well beaten whites of four eggs. Turn this into a baking-dish and bake in a quick oven ten minutes. Serve at once.

PRUNE JELLY

Wash and soak a pound of prunes over night. Next morning, press them through a colander. Add the juice of two lemons and one cup of powdered sugar. Cover a half box of vegetable gelatin with a pint of water and soak thirty minutes. Add one pint of boiling water and the prunes. Bring to boiling-point, and strain at once into a mould. Serve cold with dairy or nut cream.

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NUT MILKS AND NUT CREAMS

COCOANUT MILK

Grate three large cocoanuts and put them into a pan with three quarts of boiling water. With a wooden paddle work the cocoanut until it is sufficiently cold to turn into a cloth and wring. Throw the fibre into another pan, put over another quart of boiling water. Stand the first milk aside in a cold place. Work the cocoanut again, and put this milk, after pressing the cocoanut dry, into a separate pan. Throw the fibre away. After standing one or two hours there will be a thick cream on the surface. This is the cocoanut cream, ready for use, and may be served with a little of the cocoanut milk as a sauce for many puddings. The milk may be used as a foundation for cornstarch puddings or custard, or may be thickened for pudding sauce. The top is cocoanut cream; underneath is cocoanut milk.

ALMOND MILK

Almond milk is made by adding a pint of cold water to each half pint of ground almonds. Stir thoroughly and it is ready for use. The nuts are not strained out.

This recipe will answer for all kinds of nut milk.

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A FEW DAINTY ODD DISHES

WHITE EGGNOG

For six persons, squeeze the juice from six oranges, strain it, and put it into six lemonade glasses. Beat the whites of four eggs to a stiff froth, heap this on top of the orange juice in the six glasses, dust with powdered sugar, and send at once to the table. Fruit eggnogs with wafers make exceedingly nice luncheons.

YELLOW EGGNOG

Allow one egg and the juice of one orange to each person. Separate the egg; beat the yolk until creamy and the white until stiff. Then mix the two together carefully. Add the strained juice of an orange and heap it into a lemonade glass. Dust the top with powdered sugar and serve with wafers.

NUT EGGNOG

Blanch and grind a quarter of a pound of almonds. Add the juice of six oranges and stir thoroughly. Pour this into six lemonade glasses and dust with powdered sugar. This is exceedingly palatable and nutritious and is very nice for invalids.

PINOCHE

2 cups brown sugar — ¼ teaspoonful cream of tartar
1 cup cream
1 cup pecan meats

Mix the cream, sugar and cream of tartar. Stir over the fire until the sugar is melted, then boil slowly until

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the mixture forms a soft ball when dropped into ice water. Take from the fire and add the nuts. Let it stand for about ten minutes to cool. Beat until it begins to thicken and pour at once into small greased patty-pans or into a shallow pan. When cool, cut into squares.

CHOCOLATE SURPRISE

Put one pound of granulated sugar, a half pint of water and a saltspoonful of cream of tartar in a saucepan. Stir until the sugar is melted; then with a damp cloth wipe down the sides of the pan, boil without stirring until it forms a soft ball when dropped into cold water. Take from the fire and let it stand until cool. Then beat rapidly until you have a soft creamy white mixture. Add to this two ounces of melted chocolate and a teaspoonful of vanilla. Stand the pan in another of boiling water and stir continually until this fondant melts. If necessary, add a teaspoonful or two of water. Have ready near at hand small oyster crackers. Drop in one oyster cracker at a time, lift it quickly on a fork, drain it, and turn it on to a greased paper.

These are exceedingly nice, and are sufficiently harmless to give to children.

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MENUS

These menus are simply suggestions for the best methods of blending meatless meals. If they should call for ingredients not obtainable in your locality, substitute some like dish or material and follow the general routine of the menu. For instance, if cauliflower is named for a dinner, and you cannot get it, and you can get cabbage or turnips, use them instead. Use French dressing as much as possible for dinner salads. Keep on hand a box of Graham or oatmeal wafers to serve with sweets, and unleavened bread or nut wafers to serve with salads. Scotch oat bread is nice to serve with fruit for breakfast where you do not serve a cereal, or nice with cup or soft custards for luncheon or supper.

The luncheon menus may be used for supper where dinner is served at mid day.

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SPRING BILLS OF FARE

BREAKFAST

Oranges

Wheatlet Cream

Toast Coffee

LUNCHEON

Eggs à la Martin Muffins

Stewed Prunes

DINNER

Cream of Asparagus Soup Croûtons

Escalloped Rice Whole Wheat Bread

Lettuce Salad Wafers

Apple Tart

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BREAKFAST

Chopped Dates in hot Oatmeal Cream

Rolls Coffee

LUNCHEON

Stewed Macaroni Corn Gems

Tea

DINNER

Emerald Soup Croûtons

Eggs Coquelicot Rice

Asparagus Salad

Whipped Cream Ginger Wafers

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BREAKFAST

Grape Fruit
Corn Meal Mush, cooked over night in fireless cooker
Toast Coffee

LUNCHEON

Eggs à la Gretna Brown Bread
Fruit

DINNER

Mock Chili Con-Carne Rice
Cabbage Salad
Sliced Oranges

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BREAKFAST

Sliced Bananas Cream
Whole Wheat Gems Coffee

LUNCHEON

Eggs Suzanne Celery Salad
Fruit

DINNER

Consommé Whole Wheat Bread
Spaghetti à la Italienne Baked Onions
Rhubarb Pie

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BREAKFAST

Fruit

Cereal Cream

Toast Coffee

LUNCHEON

Potato Chowder Brown Bread

Celery

DINNER

Grape Fruit Cocktail

Bean Roast Potato Puff

Cold Slaw

Marguerites

BREAKFAST

Fruit

Oatmeal Cream

Toast Coffee

LUNCHEON

Scrambled Eggs with Lettuce

Corn Gems

Stewed Dried Peaches

DINNER

Julienne Soup

Vegetable Meat Pie Celery

Sliced Oranges Sponge Cake

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BREAKFAST

Steamed Figs Cream
Whole Wheat Gems Coffee

LUNCHEON

White Eggnog Wafers
Date Sandwiches Cocoa

DINNER

Orange Cocktail
Potato Roll Asparagus on Toast
Eggs en Panade Jelly or Orange Sauce
Coffee

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BREAKFAST

Fruit
Shirred Eggs Rice Gems
Coffee

LUNCHEON

Mayonnaise of Celery Brown Bread and Butter
Cocoa Wafers

DINNER

Cream of Celery Soup
Mock Veal Roast Stewed Turnips
Asparagus Salad
Cheese Coffee Crackers

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BREAKFAST

Sliced Bananas in hot Cereal Cream
Toast Coffee

LUNCHEON

Mock Clam Bouillon Wafers
Plain Omelet Whole Wheat Bread

DINNER

Purée of Dried Peas Croûtons
Baked Potatoes Stewed Celery
Prune Jelly Sponge Cake

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BREAKFAST

Fruit
Beauregard Eggs Toast
Coffee

LUNCHEON

Cold Mock Veal Roast Grape Fruit Salad
Milk Biscuits

DINNER

Consommé with Almond Balls
Mock Tenderloin Steak Stewed Carrots
Apple Tart Coffee

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BREAKFAST

Fruit

Oatmeal Cream

Steamed Eggs Toast

Coffee

LUNCHEON

Apple Salad Pop Overs

DINNER

Oatmeal Soup Croûtons

Planked Fish Sauce Hollandaise

Lettuce Salad

Orange Jelly Whipped Cream

Coffee

BREAKFAST

Fruit

Omelet Hot Corn Bread

Coffee

LUNCHEON

Mock Fish Salad Gluten Bread

Sliced Oranges

DINNER

Grossmutter Soup

Mock Oysters Cold Slaw

Prune Souffle

Coffee

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BREAKFAST

Fruit

Cream of Wheat Cream

Quaker Omelet Toast

Coffee

LUNCHEON

Purée of Tomato with Celery Croûtons

Apple Biscuit Pudding Milk

DINNER

Spaghetti Timbales Cheese Sauce

Unleavened Bread

Carrot Salad Wafers

Poor Man's Tartlets Coffee

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BREAKFAST

Fruit

Scrambled Eggs Whole Wheat Gems

Coffee

LUNCHEON

Stewed Asparagus Mush Bread

DINNER

Baked Beans with Tomato Sauce

White Bread and Butter

Sour Cream Slaw

Orange Sherbet

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BREAKFAST

Fruit

Boiled Rice Cream

Toast Coffee

LUNCHEON

Baked Potatoes Eggs Mexicana

Stewed Rhubarb

DINNER

White Eggnog Wafers

Turkish Cabbage Sauce Béchamel

Potato Puff

Mock Mince Pie

Coffee

BREAKFAST

Fruit

Soft Boiled Egg Toast

Coffee

LUNCHEON

Cannelon of Canned Peas Milk and Cream

DINNER

Tomato Bouillon Wafers

Eggs à la Tripe Mush Bread

Orange Tapioca

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BREAKFAST

Fruit

Rolled Wheat Cream

Eggs Coffee Toast

LUNCHEON

Rice Croquettes Mayonnaise of Celery

Rolls

DINNER

Mock Steak Cream Horseradish Sauce

Fried Bananas

Lettuce and Orange Salad Wafers

Coffee

BREAKFAST

Sliced Pineapple

Omelet Rye or Graham Gems

Coffee

LUNCHEON

Corn Pudding (canned corn) Thin Bread

Tea Wafers

DINNER

Pineapple and Orange Cocktails

Eggs au Mirroir Gluten Bread

Baked Potatoes

Date Tarts

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BREAKFAST

Fruit

Corn Meal Mush, cooked in fireless cooker over night

Cream

Toast Eggs

Coffee

LUNCHEON

Cream of Asparagus Soup Croûtons

DINNER

Sago Soup

Bean Croquettes Tomato Sauce

Mashed Potatoes

Asparagus Salad Wafers

Water Jelly Sabayon Sauce

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BREAKFAST

Fruit

Eggs à la Martin Baking Powder Biscuit

Coffee

LUNCHEON

Purée of Lentils Toast

Fruit

DINNER

Irish Soup

Eggs Virginia Celery Whole Wheat Gems

Cold Rice Pudding Sponge Cake

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BREAKFAST

Fruit

Oatmeal Cream

Eggs Scrambled Toast

Coffee

LUNCHEON

Steamed Figs Cream

Whole Wheat Bread and Butter

DINNER

Barley Soup

Vegetable Chicken Pie Celery Salad

Maple Cup Custards

Coffee

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BREAKFAST

Toasted Corn Flakes Fruit Juice

Eggs Muffins

Coffee

LUNCHEON

Rissotto Brown Bread

Chocolate with Whipped Cream

DINNER

Vegetable Soup

Nut Cannelon Cream Sauce

Baked or Stuffed Potatoes

Asparagus Salad

Coffee

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BREAKFAST

Chopped steamed Figs in hot Cream of Wheat Cream
Broiled Nut Cannelon Toast
Coffee

LUNCHEON

Stewed Prunes with Orange Juice
Brown Bread Sandwiches

DINNER

Peanut Soup Croûtons
Celery Salad White Bread and Butter
Compote of Rice and Canned Peaches Wafers

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BREAKFAST

Oranges
Boiled Rice Cream
Eggs Toast Coffee

LUNCHEON

Warm Ginger Bread Whipped Cream

DINNER

Lemon Cocktail
Red Beans, Spanish style Rice
Cabbage Salad Wafers
Coffee

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BREAKFAST

Fruit

Plain Omelet Corn Gems

Coffee

LUNCHEON

Farmers' Rice Celery Salad

DINNER

Soup Soubise Toast

Curried Eggs Rice

Baked Bananas

Lettuce Salad Wafers

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BREAKFAST

Fruit

Cereal Cream

Shirred Eggs Toast

Coffee

LUNCHEON

Cream of Asparagus Soup

Brown Bread

Rice with Prunes

DINNER

Indian Soup Rice

Mock Goose Apple Sauce

Stewed Celery

Lettuce Salad Wafers

Coffee

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BREAKFAST

Eggs Suzanne Whole Wheat Bread
Coffee

LUNCHEON

Cold Mock Goose Lettuce Salad
White Bread and Butter

DINNER

Peas Porridge Croûtons
Lettuce Salad Brown Bread
Coffee

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BREAKFAST

Fruit
Cereal Cream
Boiled Eggs Toast
Coffee

LUNCHEON

Mock Clam Chowder Crackers

DINNER

Soup Crécy Croûtons
Pecan Sausage Tomato Sauce
Cold Slaw
Sliced Hawaiian Pineapple (canned)

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SUMMER MENUS

BREAKFAST

Strawberries

Whole Wheat Gems Coffee

LUNCHEON

Broiled Tomatoes Corn Gems

Iced Cocoa Whipped Cream

DINNER

Strawberry Cocktail

Stuffed Cucumbers Brown Sauce

Rice Peas

Mayonnaise of Tomatoes Wafers

Coffee

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BREAKFAST

Berries

Canned Tomatoes Corn Gems

Coffee

LUNCHEON

Strawberry Shortcake Cream

DINNER

Cream of Pea Soup Croûtons

Eggs Jefferson Cream Sauce

Potato Croquettes String Beans

Lettuce Salad Wafers

Vanilla Ice Cream

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BREAKFAST

Fruit
Poached Eggs on Fried Tomatoes
Toast Coffee

LUNCHEON

Corn Chowder Whole Wheat Bread

DINNER

Tomato Bouillon
Baked Eggplant Peas
New Cabbage Salad
Strawberries

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BREAKFAST

Fruit
Eggs Toast
Coffee

LUNCHEON

Salad of Tomatoes Stuffed with Peas Mayonnaise
Brown Bread Sandwiches

DINNER

Brunswick Stew Corn Mush Bread
String Bean Salad
Fruit

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BREAKFAST

Berries

Oatmeal Cream

Toast Coffee

LUNCHEON

Eggs à la Creole Graham Bread

Fruit

DINNER

Raspberry Cup

Lima Bean Roast Plain Baked Tomatoes

Cherry Salad Wafers

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BREAKFAST

Cold Molded Cream of Wheat with Berries Cream

Toast Coffee

LUNCHEON

Stewed Corn Brown Bread

Marguerites

DINNER

Cantaloupe

Stuffed Peppers (nuts) Stewed Cucumbers

Cherry Pudding

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BREAKFAST

Fruit

Omelet Fresh Corn Griddle Cakes

Coffee

LUNCHEON

Nut Sandwiches Raspberries

DINNER

Cream of Corn Soup

Eggplant, Fried Ceylon Tomato Salad

Baked Potatoes or Boiled Rice

Strawberry Tapioca Cream

BREAKFAST

Baked Bananas

Shirred Eggs Toast

Coffee

LUNCHEON

Lentil Soup Croûtons

DINNER

Consommé

Nut Croquettes Tomato Sauce

Peas

Frozen Strawberries Wafers

Coffee

Digitized by Google

BREAKFAST

Fruit

Rolled Wheat Cream

Eggs Toast

Coffee

LUNCHEON

Mayonnaise of Tomatoes Nut Sandwiches

DINNER

Purée of Tomato and Peas

Mock Goose Gooseberry Sauce

String Beans

Chocolate Surprise

BREAKFAST

Fruit

Beauregard Eggs Toast

Coffee

DINNER

Cold Sliced Mock Goose

Tomatoes Sliced with French Dressing

DINNER

Cream of Green Peas

Bean Loaf with Rice Stewed Corn

Lettuce and Tomato Salad

Coffee

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BREAKFAST

Fruit

Wheatlet Cream

Toast Coffee

LUNCHEON

Cold Bean Loaf Sliced Cold Slaw

Rolls or White Bread and Butter

DINNER

Cardinal Soup

Omelet with Green Peas

Boiled Rice

String Bean Salad Wafers

Strawberry Cannelon

BREAKFAST

Huckleberries

Broiled Tomatoes Gems

Coffee

LUNCHEON

Dutch Huckleberry Pudding and Milk

DINNER

Farmers' Soup

Stuffed Tomatoes (nuts and rice) Corn on Cob

Blackberry Flummery Cream

Digitized by Google

BREAKFAST

Raspberries

Oatmeal Cream

Eggs Toast

Coffee

LUNCHEON

Cup Baked Tomatoes Gluten Gems

Fruit

DINNER

Clear Soup (stock)

Mock Duck Currant Jelly

Peas

Tomato Salad French Dressing Wafers

Coffee

BREAKFAST

Molded Oatmeal, garnished with Berries Cream

Broiled Tomatoes Gems

Coffee

LUNCHEON

Rice, boiled with Raisins Cream

DINNER

Mock Meat Soup

Mock Duck Salad White Bread and Butter

Lady Baltimore Cake Berries

Digitized by Google

BREAKFAST

Fruit

Cereal Cream

Eggs Toast

Coffee

LUNCHEON

Colonial Rolls Iced Cocoa, Cream

DINNER

Cream of Potato Soup

Stuffed Cucumbers Brown Sauce

Corn à la Rorer

New Cabbage Salad

Nut Meringues Coffee

BREAKFAST

Eggs Jefferson Gems

Coffee

LUNCHEON

Bobotee Salad Sandwiches

DINNER

Mock Clam Bouillon or Consommé

Corn Fritters Stewed Okra and Tomatoes

Chinese Salad

Blackberries Wafers

Digitized by Google

BREAKFAST

Fruit

Omelet Muffins

Coffee

LUNCHEON

Cheese Fondue Toast

DINNER

Portuguese Soup

Mock Fish Sauce Hollandaise

Potato Boulettes Cucumber Salad

Whipped Cream Graham Wafers

Coffee

BREAKFAST

Fruit

Whole Wheat, cooked all night in fireless cooker

Cream

Rice Gems Coffee

LUNCHEON

Cheese Sandwiches String Bean Salad

DINNER

Cream of Tomato Soup

Warmed over Mock Fish Succotash

Lettuce Salad Wafers

Berries

Digitized by Google

BREAKFAST

Plums

Beauregard Eggs Toast

Coffee

LUNCHEON

Nut Roly Poly Cream

DINNER

Grossmutter Soup

Corn Pudding Creamed Potatoes

String Beans

Beet Salad Wafers

Coffee

BREAKFAST

Fruit

Boiled Dry Rice Cream

Eggs Toast

Coffee

LUNCHEON

Blackberry Shortcake Cream

DINNER

Macaroni à la Italienne

Fried Eggplant Ceylon Tomato Salad

Berries Cream

Old Time Whigs

Digitized by Google

BREAKFAST

Fruit

Cereal Cream

Rolls Coffee

LUNCHEON

Tomatoes on the half shell Gems

DINNER

Consommé with Farina Blocks

Jambolaya Rice

Beets

New Cabbage Salad

Coffee Ice Cream

BREAKFAST

Hot stewed Blackberries Corn Flakes

Toast Coffee

LUNCHEON

Huckleberries Oatmeal Brown Bread

DINNER

Cream of Corn Soup

Bean Stew with Dumplings Peas

Cabbage Hongroise

Sugared Currants Sponge Cake

Digitized by Google

BREAKFAST

Fruit

Eggs Virginia Toast

Coffee

LUNCHEON

Tomato Salad Nut Sandwiches

DINNER

Soup of left over Bean Stew

Eggs à la Hyde German Fried Potatoes

String Beans

Dutch Blackberry Pudding Hard Sauce

Coffee

* * *

BREAKFAST

Fruit

Cereal Cream

Eggs Toast

Coffee

LUNCHEON

Corn Oysters Sliced Tomatoes

Thin Sandwiches

DINNER

Large Omelet Corn Louisiana

Lettuce Salad

Watermelon

Digitized by Google

BREAKFAST

Cantaloupe

Soft Eggs Rolls

Coffee

LUNCHEON

Cheese Sandwiches Cress Salad

DINNER

Tomato Soup Croûtons

Baked Eggplant Brown Sauce

Fricassee of Corn

Peach Rice Dumplings Fruit Sauce

* * *

BREAKFAST

Fruit

Shirred Eggs Gluten Gems

Coffee

LUNCHEON

Rice Pudding Nut Wafers

DINNER

Cream of Green Pea Soup

Mock Turkey Currant Jelly

Peas Corn on the Cob

Lettuce Salad Wafers

Coffee

Digitized by Google

BREAKFAST

Cantaloupe

Toast Blocks Cream

Coffee

LUNCHEON

Potato Salad, Sidney Smith's Dressing Brown Bread

DINNER

Cold sliced Mock Turkey, broiled Tomato Sauce

Corn à la Rorer

String Bean Salad Wafers

Fruit

* * *

BREAKFAST

Fruit

Eggs Toast

Coffee

LUNCHEON

Sliced Nut Cheese Lettuce Salad

Sandwiches

DINNER

New Lima Bean Roast Brown Sauce

Beets à la Rorer

Mayonnaise of Tomato Wafers

Coffee

Digitized by Google

BREAKFAST

Cantaloupes
Molded Cream of Wheat Cream
Toast Coffee

LUNCHEON

Nut Cheese Sandwiches Tomato Salad

DINNER

Curry of New Kidney Beans Rice
Fried Bananas Ceylon Cucumber Salad
Watermelon

BREAKFAST

Plums
Eggs à la Martin Gems
Coffee

LUNCHEON

Corn Oysters Cold Slaw

DINNER

Cream of Lima Bean Soup
Potato Croquettes Stewed Corn in Tomatoes
Lettuce Salad Wafers
Lemon Jelly Cream
Molasses Cookies

Digitized by Google

AUTUMN MENUS

BREAKFAST

Mixed Whole Fruits

Panned Baked Tomatoes — Corn Gems

Coffee

LUNCHEON

Cheese Omelet — White Bread

DINNER

Purée of Fresh Lima Beans — Croûtons

Stuffed Squash — Brown Sauce

String Bean Salad

Iced Watermelon

BREAKFAST

Cantaloupe

Rolled Wheat — Cream

Eggs — Toast

Coffee

LUNCHEON

Cream of Tomato Soup — Whole Wheat Bread

DINNER

Mock Meat Soup

Planked Mock Fish — Sauce Hollandaise

Lettuce Salad

Honolulu Sandwiches — Coffee

Digitized by Google

BREAKFAST

Fruit

Beauregard Eggs Toast

Coffee

LUNCHEON

Bobotee Sandwiches Cocoa

DINNER

Cream of Corn Soup

Warmed over Mock Fish Tomato Sauce

Cauliflower Baked Potatoes

Sliced Peaches Graham Wafers

* * *

BREAKFAST

Fruit

Oatmeal Cream

Broiled Tomatoes Toast

Coffee

LUNCHEON

Peach Shortcake Cream

DINNER

Consommé

Potato Roll Cream Sauce

String Beans

Cabbage Salad Wafers

Coffee

Digitized by Google

BREAKFAST

Sliced Bananas in hot Cereal Cream
Toast Coffee

LUNCHEON

Cheese Sandwiches Lettuce or Cress Salad

DINNER

Cream of Mushroom Soup
Chisula Beets à la Rorer
Cauliflower Salad Wafers
Coffee

BREAKFAST

Cantaloupe
Shirred Eggs Gems
Coffee

LUNCHEON

Potato Chowder Ship Biscuit, or unleavened Bread

DINNER

Soup Crécy (Cauliflower Water)
Baked Rice String Beans
Brown Bread
Mayonnaise of Cabbage
Coffee

Digitized by Google

BREAKFAST

Sliced Peaches

Rice Gems Coffee

LUNCHEON

Eggs Creole Rice

DINNER

Consommé

Eggs à la Dauphin Potato Puff

Stewed Celery

Peach Rice Dumplings Purée of Peaches

◆ ◆ ◆

BREAKFAST

Grapes

Corn Flakes Cream

Toast Coffee

LUNCHEON

Purée of Lentils Croûtons

DINNER

Palestine Soup

Mock Oysters Cold Slaw

Oatmeal Brown Bread

Lettuce and Tomato Salad

Fruit

Digitized by Google

BREAKFAST

Grapes

Boiled Rice Cream

Toast Coffee

LUNCHEON

Baked Potato Unleavened Bread

Fruit

DINNER

Brunswick Stew Rice

Cabbage Salad

Batter Pudding with Purée of Peaches

BREAKFAST

Grapes

Cream of Wheat Cream

Eggs Toast

Coffee

LUNCHEON

Cheese melted in Crackers Celery

DINNER

Purée of Black Beans Croûtons

Baked Potatoes Stewed Tomatoes

Waldorf Salad Wafers

Coffee

Digitized by Google

BREAKFAST

Fruits
Whole Wheat, cooked over night in fireless cooker
Cream
Rolls Coffee

LUNCHEON

Macaroni, stewed with Cream Sauce
Whole Wheat Bread

DINNER

Cream of Lima Bean Soup Croûtons
Celery Olives
Spanish Omelet Rice
Lettuce Salad
Grapes

BREAKFAST

Fruit
Oatmeal Cream
Eggs Toast
Coffee

LUNCHEON

Nut Sandwiches Potato Salad, Farmers' Dressing

DINNER

Bean Stew with Dumplings
Cauliflower, Hungarian Fashion
Lettuce Salad
Whipped Cream Graham Wafers

Digitized by Google

BREAKFAST

Fruit

Wheatlet Cream

Toast Eggs

Coffee

LUNCHEON

Cream of Tomato Soup Toast

DINNER

Spaghetti à la Caruso Baked Potato

Celery and Lettuce Salad

Sliced Peaches Graham Wafers

BREAKFAST

Fruit

Cream of Wheat Cream

Unleavened Bread Coffee

LUNCHEON

Tomatoes on the Half Shell Cream Sauce

Toast

DINNER

Mock Clam Soup

Curry of Green Kidney Beans Rice

Baked Bananas

Cabbage Salad Wafers

Coffee

Digitized by Google

BREAKFAST

Fruit

Plain Omelet Whole Wheat Gems

Coffee

LUNCHEON

Indian Soup (left over Curry) Rice

DINNER

Mock Meat Soup

Eggs à la Rorer (canned Artichokes) Rice Croquettes

String Bean Salad

Lady Baltimore Cake

BREAKFAST

Fruit

Cereal Cream

Gems Coffee

LUNCHEON

Turkish Cabbage Rolls Corn Bread

DINNER

Cream of Celery Soup Croûtons

Nut Croquettes Tomato Sauce

Beets à la Rorer

Lettuce Salad Wafers

Pop Overs Jelly Sauce

Digitized by Google

BREAKFAST

Sliced Bananas in hot Oatmeal Cream
Toast Coffee

LUNCHEON

Fruit Gems Cocoa, whipped Cream

DINNER

Oatmeal Soup Croûtons
Celery Olives
Egg Timbales Cream Sauce
Rice
Peach Cannelons Cream

◆ ◆ ◆

BREAKFAST

Corn Flakes Grape Juice
Eggs Toast
Coffee

LUNCHEON

Oatmeal Bread Milk

DINNER

Soup Soubise Croûtons
Stuffed Peppers Stewed Cabbage
English Green Apple Tart

Digitized by Google

BREAKFAST

Grapes

Scrambled Eggs Corn Gems

Coffee

LUNCHEON

Lettuce and Walnut Sandwiches Cocoa

DINNER

Consommé

Vegetable Chicken Pie Cauliflower

Lemon Sherbet Wafers

◆ ◆ ◆

BREAKFAST

Baked Seckle Pears Cream

Whole Gems Coffee

LUNCHEON

Windsor Sandwiches Grapes

DINNER

Sago Soup

Mexican Omelet Baked Potatoes

Stuffed Beet Salad

Fruit

Digitized by Google

BREAKFAST

Grapes

Cream of Wheat Cream

Eggs Toast

Coffee

LUNCHEON

Nut Sandwiches Mayonnaise of Apple

DINNER

Barley Soup

Pecan Sausage Tomato Sauce

Potato Puff

New Carrot Salad Wafers

Coffee

BREAKFAST

Fruit

Plain Omelet Breakfast Gems

Coffee

LUNCHEON

Apple Biscuit Pudding Milk

DINNER

Tapioca Soup

Macaroni à la Milanaise Rice

New Turnips Cream Sauce

Frozen Bananas

Digitized by Google

BREAKFAST

Fruit

Spaghetti Croquettes Tomato Sauce
Toast Coffee

LUNCHEON

Fruit Sandwich Celery

DINNER

Cream of Turnip Soup
Mock Duck New Apple Sauce
Chiffonade Salad
Apple Soufflé Graham Wafers

BREAKFAST

Fruit

Oatmeal Cream
Eggs Brown Bread
Coffee

LUNCHEON

Cheese Sandwiches Apple

DINNER

Purée of Green Lima Beans Croûtons
Broiled Slices of Mock Duck Panned Baked Apples
Celery with French Dressing
Orange Tapioca

Digitized by Google

BREAKFAST

Sliced Peaches in Cream of Wheat Cream
Gems Coffee

LUNCHEON

Olive Salad Bread and Butter

DINNER

Mock Clam Bouillon
Omelet with Tomatoes Grilled Sweet Potatoes
Cabbage Salad in Cabbage Cup
Poor Man's Tartlets

BREAKFAST

Fruit
Oatmeal Cream
Unleavened Bread Coffee

LUNCHEON

Cream of Potato Soup Graham Bread

DINNER

Purée of Dried Beans Croûtons
Celery and Apple Salad Thin Bread and Butter
Apple Soufflé

Digitized by Google

BREAKFAST

Grapes

Eggs Mush Bread

Coffee

LUNCHEON

Rice Pudding Brown Bread Sandwiches

DINNER

Grossmutter Soup

Spaghetti à la Italienne Baked Potatoes

Onions in Cream Sauce

Lettuce, French Dressing Wafers

Nut Blocks

BREAKFAST

Fruit

Cereal Cream

Gems Coffee

LUNCHEON

Peanut Sandwiches Apples or Grapes

DINNER

Cream of Beet Soup (Cardinal)

Mock Chicken Salad White Bread Sandwiches

Banana Cake Pudding

Digitized by Google

BREAKFAST

Fruit

Beauregard Eggs Toast

Coffee

LUNCHEON

Fruit Gems Cocoa

DINNER

Vegetable Soup

Eggs à la Valenciennes Baked Sweet Potatoes

Stewed Celery

Fruit Salad Wafers

BREAKFAST

Eggs Whole Wheat Gems Coffee

LUNCHEON

Baked Potatoes Nut Sandwiches

DINNER

Consommé

Vegetable Meat Pie String Beans

Celery

Orange Sherbet Wafers

Digitized by Google

WINTER MENUS

BREAKFAST

Baked Apples

Oatmeal Cream

Eggs Coffee

LUNCHEON

Cream of Potato and Celery Soup

Whole Wheat Bread

DINNER

Purée of Mexican Beans Croûtons

Baked Potatoes Browned Parsnips

Spinach Salad

Prune Soufflé

BREAKFAST

Sliced Bananas in hot Rolled Wheat Cream

Graham Gems Coffee

LUNCHEON

Rice Croquettes Cream Sauce

DINNER

Cream of Salsify Soup (Mock Oyster)

Pecan Sausage Brown Sauce

Grilled Sweet Potatoes Sour German Cabbage

Apple Tapioca

Digitized by Google

BREAKFAST

Fruit

Corn Meal Mush Milk

Eggs Toast

Coffee

LUNCHEON

Fried Mush Coddled Apples

DINNER

Soup Crécy

Broiled Pecan Sausage Sauce Hollandaise

Rice

Mayonnaise of Apple and Celery Wafers

BREAKFAST

Eggs Breakfast Gems

Coffee

LUNCHEON

Stewed Prunes Mush Bread

DINNER

Purée of Lentils Croûtons

Mock Oysters Cold Slaw

Apple Tart

Digitized by Google

BREAKFAST

Fruit

Cream of Wheat Cream

Eggs Toast

Coffee

LUNCHEON

Cheese Sandwiches Tart Apples

DINNER

Vegetable Soup

Spaghetti à la Milanaise Baked Sweet Potatoes

Waldorf Salad Nut Sandwiches

Cocoa Whipped Cream

BREAKFAST

Date Gems Scrambled Eggs

Coffee

LUNCHEON

Soup Soubise Brown Bread

DINNER

Tomato Soup (thin portion of canned Tomatoes)

Mock Turkey Cranberry Sauce

Stewed Celery

Combination Salad Wafers

Lemon Jelly Graham Wafers

Digitized by Google

BREAKFAST

Baked Apples

Oatmeal Cream

Toast Coffee

LUNCHEON

Mock Turkey Salad White Bread Sandwiches

DINNER

Consommé

Broiled Slices of Mock Turkey Tomato Sauce

Cabbage Hongroise

Steamed Apples Cream

Sponge Cake

* * *

BREAKFAST

Fruit

Hominy Grits Cream

Brown Bread Coffee

LUNCHEON

Mayonnaise of Celery Nut Sandwiches

DINNER

Cream of Celery Soup Croûtons

Poached Eggs on Squares of fried Hominy

Cream Sauce

Grilled Sweet Potatoes Spinach

Lady Baltimore Cake

Digitized by Google

BREAKFAST

Steamed Figs Cream
Whole Wheat Gems Coffee

LUNCHEON

Potato Chowder Unleavened Bread

DINNER

Brunswick Stew (canned Vegetables) Rice
Tomato Jelly with Celery
Prune Soufflé

* * *

BREAKFAST

Baked Apples
Boiled Rice Cream
Toast Coffee

LUNCHEON

Date and Nut Sandwiches Cocoa

DINNER

Grossmutter Soup
Eggs Coquelicot Cream Sauce
Sweet Potato Croquettes
Lettuce Salad Wafers
Stewed Prunes Sponge Cake

Digitized by Google

BREAKFAST

Oranges

Gluten Mush Cream

Unleavened Bread Coffee

LUNCHEON

Stewed Macaroni Whole Wheat Bread and Butter

DINNER

Dried Peas Porridge Croûtons

Sweet Potato Croquettes Stewed Yellow Turnips

Waldorf Salad Tiny Sandwiches

Chocolate, Whipped Cream

BREAKFAST

Stewed Apples Whole Wheat Gems

Coffee

LUNCHEON

Nut Sandwiches Celery

Orange

DINNER

Cream of Celery Soup

Stewed Dried Lima Beans Tomato Sauce

Baked Potatoes

Cabbage Salad in Cabbage Cup

Pop Overs Orange Sauce

Digitized by Google

BREAKFAST

Chopped Dates in hot Cream of Wheat Cream
Toast Coffee

LUNCHEON

Steamed Figs Cream Gems

DINNER

Cardinal Soup
Nut Cannelon Cream Sauce
Stewed Sour Cabbage
Apple Tart
Coffee

* * *

BREAKFAST

Fruit
Oatmeal Cream
Eggs Toast
Coffee

LUNCHEON

Sliced Nut Cannelon Mayonnaise of Apple

DINNER

Cream of Turnip Soup
Bean Croquettes Tomato Sauce
Rice
Grape Fruit Salad Nut Sandwiches
Coffee

Digitized by Google

BREAKFAST

Baked Apples

Rolled Wheat Cream

Toast Coffee

LUNCHEON

Cream of Potato Soup Unleavened Bread

DINNER

Mock Oyster Soup

Pecan Steaks Cranberry Jelly

Rice

Lettuce Salad Wafers

Coffee

BREAKFAST

Fruit

Corn Meal Mush Milk

Unleavened Bread Coffee

LUNCHEON

Vegetable Sandwiches Cocoa

DINNER

Cream of Celery Soup

Spanish Omelet Baked Potatoes

Orange Salad Wafers

Digitized by Google

BREAKFAST

Baked Apples Cream
Gems Coffee

LUNCHEON

Cheese Sandwiches Apples

DINNER

Consommé
Mock Fish Hollandaise Sauce
Potato Boulettes
Chicory or Endive or Cabbage Salad
Coffee

BREAKFAST

Fruit
Cereal Cream
Toast Coffee

LUNCHEON

Canned Peach Dumplings Milk

DINNER

Oatmeal Soup
Broiled Slices of Mock Fish Apple Sauce
Celery
Orange Tapioca

Digitized by Google

BREAKFAST

Steamed Raisins Gems
Coffee

LUNCHEON

Egg Sandwiches Celery

DINNER

Peanut Soup Corn Loaf
Lettuce and Apple French Dressing
Prune Jelly

BREAKFAST

Apple Sauce Fried Mush
Eggs Toast
Coffee

LUNCHEON

Stewed Prunes Toasted Corn Loaf

DINNER

Purée of Tomato (canned)
Banana Cannelon Currant Jelly
Onions in Cream Sauce
Poor Man's Tartlets

Digitized by Google

BREAKFAST

Oranges

Eggs Gems

Coffee

LUNCHEON

Banana Cannelon Sandwiches Cocoa

DINNER

Indian Soup

Curry of Red Beans Rice

Baked Bananas

Tomato Jelly on Lettuce Farmers' Dressing

Coffee

◆ ◆ ◆

BREAKFAST

Date Gems Shirred Eggs

Coffee

LUNCHEON

Apple Biscuit Pudding Milk

DINNER

Consommé à la Royal

Eggs Coquelicot Cream Sauce

Baked Sweet or White Potato Peas (canned)

Cabbage Salad Wafers

Banana Cake Pudding

Digitized by Google

BREAKFAST

Baked Apples Cream
Gems Coffee

LUNCHEON

Stewed Prunes Brown Bread

DINNER

Consommé Croûtons
Rice à la Anglaise Spinach
Mock Mince Pie
Coffee

◆ ◆ ◆

BREAKFAST

Chopped Dates in hot Cream of Wheat Cream
Toast Coffee

LUNCHEON

Peanut Sandwiches Sliced Oranges

DINNER

Mock Clam Bouillon Whipped Cream
Boiled Mock Tenderloin Steak Ladies' Cabbage
Lettuce Salad Wafers
Chocolate Surprise

Digitized by Google

BREAKFAST

Baked Apples Cream
Eggs Gems
Coffee

LUNCHEON

Cup Custards White Bread and Butter

DINNER

Cream of Salsify Soup Crackers
Omelet with Peas (canned) Potato Croquettes
Spanish Salad
Brown Betty

BREAKFAST

Fruit
Corn Meal Mush Milk
Eggs Toast
Coffee

LUNCHEON

Rice Pudding Nut Sandwiches

DINNER

Purée of Black Beans
Baked Macaroni Potato Puff
Cabbage Salad Wafers
Water Jelly Sabayon Sauce

Digitized by Google

BREAKFAST

Steamed Figs Cream
Gems Coffee

LUNCHEON

Boiled Hominy with Raisins Cream

DINNER

Potato Chowder
Mock Chicken Salad Brown Bread
Batter Pudding with Purée of Peaches

BREAKFAST

Oranges
Plain Omelet Gems
Coffee

LUNCHEON

Boiled Rice with Stewed Prunes
Rolls

DINNER

Grossmutter Soup
Bean Roast Tomato Sauce
Cabbage Salad
English Apple Tart

Digitized by Google

BREAKFAST

Sliced Bananas in hot Hominy Milk
Gems Coffee

LUNCHEON

Baked Apples Cream
Ginger Bread

DINNER

Sago Soup
Celery Olives
Nut Croquettes Tomato Sauce
Red Dutch Cabbage
Apple Souffle

BREAKFAST

Fruit
Oatmeal Milk
Eggs Toast
Coffee

LUNCHEON

Olive Salad White Bread Sandwiches

DINNER

Consommé
Mock Ham Cider Sauce
German Sour Cabbage
Orange Tapioca

Digitized by Google

A FEW SPRING COMPANY SUPPERS

Orange Cocktails in Orange Cups
Eggs a l'Aurore Baking Powder Biscuit
Asparagus Salad Wafers
Ice Cream Sponge Cake

♣ ♣ ♣

Tomato Bouillon Whipped Cream
Sliced Nut Cheese Mayonnaise of Celery
Parker House Rolls
Orange Jelly Sponge Cake

♣ ♣ ♣

Mock Clam Bouillon Whipped Cream
Omelet with fresh Asparagus Tea Gems
Waldorf Salad Small Cheese Sandwiches
Marguerites Coffee

SUMMER SUPPERS

Strawberry Cocktail
Macaroni Croquettes Cheese Sauce
Pop Overs Unleavened Whole Wheat Bread
Mayonnaise of Tomatoes Small Nut Sandwiches
Bisque Ice Cream

Digitized by Google

Lemon Cocktail
Thin slices of Nut Cheese Lettuce Salad
Brown Bread and Butter
Strawberries Sponge Cake

◆ ◆ ◆

Tomato Bouillon Wafers
Corn Oysters Whole Wheat Gems
New Cabbage Salad
Frozen Custard Nut Meringues

AUTUMN SUPPERS

Pepper Cocktails
Omelet with Peas Graham Bread
Salad of Tomatoes and Lettuce Wafers
Sliced Peaches Sponge Cake

◆ ◆ ◆

Mock Oyster Soup in Cups Wafers
Spaghetti Timbals Cream Sauce
Peas Rolls
Mixed Fruits and Nuts

◆ ◆ ◆

Purée of Tomato, Whipped Cream Wafers
Mock Chicken Salad Whole Wheat Bread
Peach Cannelon Cream

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SMALL EVENING AFFAIRS

Nut and Fruit Sandwiches Chocolate, Whipped Cream

Mock Chicken Salad White Bread Sandwiches
Coffee

Thin Slices Mock Ham Grape Fruit Salad
White Bread Sandwiches

Nut Sandwiches Apple Salad
Coffee

Banana Salad Peanut Sandwiches

Bobotee Sandwiches Chocolate

Orange Jelly Marguerites

Digitized by Google

SPRING COMPANY LUNCHEON

Mock Clam Bouillon — Whipped Cream
Eggs Coquelicot — Cream Sauce
Boiled Rice
Grape Fruit Salad — Tiny Sandwiches
Bisque Ice Cream — Marquerites

AUTUMN LUNCHEON

Cream of Tomato Soup in Cups — Croûtons
Nut Croquettes — Sauce Hollandaise
Tomato Salad — Wafers
Orange Sherbet — Wafers

A SPRING LUNCHEON

Yellow and Red

Orange Cocktails
Eggs Coquelicot — Cream Sauce
Boiled Rice
Cherry Salad — Wafers
Bisque Ice Cream — Marguerites

SUMMER LUNCHEON

Pink

Strawberry Cocktail
Nut Croquettes — Tomato Sauce
Peas
Asparagus Salad — Wafers
Vanilla Ice Cream — Nut Wafers

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AUTUMN LUNCHEON

With Autumn Leaves

Cantaloupe Cocktail
Macaroni Timbales Cream Sauce
Stuffed Potatoes
Peas Salad in Tomatoes Wafers
Watermelon, served whole without Rind

A WINTER LUNCHEON

Ferns in Center of Table

Mock Oyster Soup Crackers
Mock Chicken Salad Parker House Rolls
Orange Jelly Marguerites
Coffee

A SPRING COMPANY DINNER

Grape Fruit
Spanish Omelet Molded Spinach
New Potatoes
Asparagus Salad Wafers
Strawberry Sherbet

SUMMER DINNER

Cantaloupes
Stuffed Peppers Tomato Sauce
Corn à la Rorer
Mayonnaise of Tomatoes Wafers
Frozen Raspberries Wafers

Digitized by Google

AUTUMN DINNER

Cream of Tomato Soup Croûtons
Eggs Jefferson Cream Sauce
Rice Peas
String Bean Salad on Lettuce Wafers
Frozen Peaches Sponge Cake
Coffee

WINTER DINNER

Consommé à la Royal
Mock Duck Apple Sauce
Turnip Cups with Carrots
Waldorf Salad Wafers
Orange Jelly Marguerites

A THANKSGIVING DINNER

Mock Oyster Soup Crackers
Celery Olives
Mock Turkey Sauce Soubise
Cranberry Jelly
Canned Peas Sweet Potatoes
Thanksgiving Pie Mock Mince Pie
Coffee

Digitized by Google

A CHRISTMAS DINNER

Grape Fruit or Consommé

Celery Olives

Mock Goose Apple Sauce

Baked Onions Rice

Apple Salad, French Dressing Wafers

Plum Pudding Orange Sauce

Coffee

Candies Fruits Nuts

EVENING AFFAIRS, AS CHURCH SUPPERS, ETC.

Cold Sliced Mock Ham Nut Cheese

Cranberry Jelly

Mock Chicken Salad

Brown Bread Sandwiches

Windsor Sandwiches Plain Bread and Butter

Olives Salted Nuts

Orange Jelly Orange Sherbet

Sponge Cake Marguerites

Coffee Cocoa

AUTUMN FESTIVAL SUPPER

Nut Sandwiches Brown Bread Sandwiches

Rolls Wafers

Tomato Salad Apple Salad

Sliced Peaches Cream Sponge Cake

Watermelons Grapes Cantaloupes

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Digitized by Google

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